Motherhood

The Generative Organs
Their Purpose and
Development

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MOTHERHOOD

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by Susanna Cocroft

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BY

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To woman is given the most beautiful and most sacred privilege of life,—the power with God to create, to bring forth and to unfold life,—the privilege of motherhood — not only physical, but spiritual. Through her a life is brought into the world, with a soul to unfold. It is her privilege and pleasure to guard and to nurture the little life during its delicate young years, to watch it expand into a perfect, radiant blossom, finding her companionship in its responding love and her compensation in the ultimate ripening into the strong, useful and seed-bearing fruit. The little life is brought into this

activity to gladden hearts, to help in the world's work, to develop its own soul and to aid in the spiritual development of the world.

The mother is the most responsible for the little life launched "from the nowhere into now," from the infinite realm of somewhere into the definite world of action. During all of its nesting, formative period, it is influenced by her health, by her environment, by her mental poise and spiritual atmosphere.

Surely hers is a Divine agency, uplifting, refining, ennobling:—the connecting link between the visible and the invisible, between the finite and the Infinite, between man and God.

Surely no woman can undergo the responsibility of motherhood without developing an ennobling beauty and strength within, without being uplifted by the consciousness of her kinship with the angels and with her Creator. Every expectant mother should sweetly and sacredly prepare body, mind and spirit for the trust of a human soul.

She should realize that she is fulfilling her duty in the broad and general sense of the perpetuation of the race, and to this end, as well as to the more personal end of the child, her family and herself she should see to it that every physical law of conception and of growth is observed. She should study intelligently the laws of eugenics, that she may bear a physically sound child. Her duty to posterity, her duty as a citizen, her duty to family and friends demands this—and more particularly does her duty to the life she conceives demand it.

Yet children are not sent into the world merely for the perpetuation of the race:—they come to kindle and to strengthen all the best and highest in the mother and father natures, to broaden their lives, to elevate their thoughts and to quicken their sympathies and affections. A child's craving, therefore, for the fullest measure of its parent's affection is a natural instinct, implanted within it for a wise purpose. A mother's loving and intelligent response to this call of nature means her

highest evolution, and insures a beautiful, wholesome atmosphere of growth for the child.

During the first impressionable years of a child's life, when mind, body and spirit are plastic as the artist's clay, the character of his thoughts, the shape of his brain and the trend of his life is mouldable by the mother love, the home atmosphere and thought influence. A man seldom gets far away from the teaching received at his mother's knee. Her most lasting impressions are not alone imparted to him through her voice, but the deep, silent impress of lofty thought comes through the vibrations in the quiet hour when no voice is heard; this voice of the silence is the voice of depth and power.

The primary responsibility of the reformation and redemption of the world, of society, politics and commerce, rests with the individual members,—with the sons and daughters,—and it devolves upon the mothers, whom Nature has vested with the inspiration,—to rear sons and daughters of staunch principles, uprightness of char-

acter and purity of thought. We need fanatics to lead the way in social and civic progress but real advancement comes through a change in the hearts and minds of individual citizens,—through the establishment of just principles, of high ideals, and the recognition of moral obligations.

We need rational, intelligent, mentally, morally and physically sound mothers, mothers with sufficient courage and stamina to sustain their convictions. The impress of one strong, well balanced character can color the tone of a community; one strong community can carry a city, and a city a state. The far-reaching influence of the life of one single man or woman will never be known; but it is the privilege of each to make the influence of his life vibrate through the ages.

The evolution and perpetuation of an ideal people, of an ideal civilization, rest largely with the mother in fixing elevated ideals for her children. Nature has entrusted her with this responsibility, which is far higher than any within the gift of man. Through the beautiful privilege of

motherhood she may attain the pinnacle of fame, through her children,—may realize the greatest measure of happiness, contribute the largest share of usefulness to the world. Through neglect or abuse of this privilege she may do infinite harm.

In the fulfillment of life's evolutionary laws a natural desire is implanted in the breast of every mother, worthy the name, that her children have better opportunities than she has enjoyed; that they may reach the highest possible standard of mental, moral and physical development; that they may attain to the fullest measure of life's success and happiness.

As long as there are mothers, ignorant and narrow, or others who are contented merely to be pretty and wear fashionable gowns,—who cannot, or do not, rise above the trivialities of gossip and senseless vanities of fashion,—children with similar tendencies will be conceived. And just so long as the world holds mothers who are avaricious, greedy for power, or who regard wealth, beyond their personal needs, as their god, will these tendencies be trans-

mitted to their children. Yes, and just so long as mothers harbor jealous, envious, bitter, unclean and unworthy thoughts, will these likewise be transmitted to posterity, through the great law of spirit impress.

The Psychology of Motherhood.—The psychological condition of a mother during pregnancy determines largely the spiritual, or soul nature of her child.

The impressions made upon it during its embryonic and fetal life are not always manifested in childhood, but as its soul unfolds one may trace the results of its mother's psychological condition prior to its birth. A child is often so definitely marked as to assume the physical outline of either man or animal upon which the mind of the expectant mother dwells, or to take on the mental and spiritual tone of the person impressing her mind during this period.

If her mind dwell upon chaste and elevating subjects, or if she delve into the purest and highest of art, literature, philosophy

and science, if her actions be permeated with a sweet and wholesome spirit of kindliness, helpfulness and consideration for those about her, this high degree of spirituality naturally causes psychological conditions that leave a like impress upon the soul of her unborn child, impossible of effacement. Thus great souls are born.

A child whose spiritual welfare is so fostered before its advent into the world, naturally reveres all things high and lofty; —the beauties of Nature, the great achievements of mankind, all that constitute true greatness, in character and mind, every noble act or impulse are reverenced by him. His ideals being high, he naturally tends to attain to a high degree of spiritual development.

A pregnant mother should eliminate every thought and thing that tends to divert the highest psychological atmosphere, should surround herself with everything which would help her to uplifting, elevating, ennobling and refining influences. She should create the beautiful atmosphere of pure, unselfish and elevating thoughts,

finding beauty and use and pleasure in the simple, everyday things of life. If she keep close to Nature,—to God, the Master Artist,—she cannot harbor artificial or common thoughts. If she mentally and spiritually dwell upon the heights, her child will be born there, and the purity and strength of this atmosphere will be an essential part of his after life,—will color his future.

She needs not sumptuous surroundings; —this would be but a gratification of purely sensuous tastes, and would thwart her purpose, causing psychological conditions that would give birth to a nature inclined to revel in pomp and empty show.

She needs not expensive paintings, nor rare and costly statuary and tapestries strewn in lavish profusion about her, in order that her child may appreciate and understand the beauties of nature and of art. A few simple prints of the great masterpieces may serve the same purpose of fixing the true ideals in her mind, and thus create the atmosphere most beneficial to the artistic tastes of her child.

An environment of wealth and power is not in any sense essential to the birth of a great and courageous soul. There is beauty in a grain of dust, there is use and dignity in the making of a loaf of bread, in the peeling of a potato. A woman may be as much a queen in the preparation of a meal for her family as in the idle reading of a novel in her library. The mental and spiritual attitude with which she approaches her work makes her queen or serf.

If the mother look for the beauty in nature, she ofttimes gets more out of simple pleasures than the rich and great who have become insatiated by a too profligate use of wealth's privileges; such ennuied mortals pass with unseeing eyes the rarest gems in Nature's gallery, and in their restless search for some new interest rush to view the works of her imitators in art galleries made by man. Scenes and pictures in nature are beyond the brush of artist. No man yet has painted a sky. No man yet has given us water which swells as the ocean. Man imitates, but the spirit and

movement are God's. One never fully appreciates man's imitation until he has felt and appreciated God's original.

Howsoever humble her position, or howsoever narrow her environment, a mother has access always to the Master Artist's great gallery. She may enjoy from her doorstep,—according to her psychological development,—the glorious sunsets, the billows upon billows of clouds with their rare coloring, the music of the wind among the trees, the perfume of the flowers, the restfulness of the droning bees,—all of which permeate her senses and are hers. She is, indeed, rich,—at peace with the world; she envies no one, thinks kindly of all God's creatures, and is ever ready to extend the helping hand when needed.

A taste and talent for music may be created and stimulated in the child through a mother's appreciation of the song of a bird.

She who is keenly alive to nature's subtle beauties transmits to her children a priceless heritage,—the ability to be happy, alone with nature and with God,

independent of human uncertainties. The capacity for happiness and the cultivation of the habit of a happy view of life, is one of the most blessed heritages a mother can leave to her child.

Such a mother has within herself, perfect harmony and balance, she sets in motion a line of noble and chaste tendencies to be transmitted through her progeny for countless ages. She has approached the footstool of God, and will transmit to her child a resonance of celestial symphonies thus heard, a reflection of visions thus seen, that will lift him to an exalted plane and engender psychological conditions which will hold him close to that footstool.

This was beautifully illustrated in the child of a friend, who, notwithstanding moderate financial circumstances, had surrounded herself with an unusually exalted thought atmosphere prior to his birth. At five years of age, although rated by most people as a quiet, imaginative child, he seemed, to those who knew him best, hardly less than an infant prodigy. He did not manifest the usual childish curiosity con-

cerning the "whys" and "wherefores" of being or of things, but in a quaint, childish fashion would tell you,—if you happened to be in his confidence,—what they were, and why they were. He saw the rarest beauties in a sea shell, and would explain in baby poetry the complex causes and processes of its beautiful colorings, the impressions left by the life the shell had protected. The soughing wind meant to him sweet lullabys or solemn commands,—the angels were on the wires. The rain the dewdrops, the flowers, everything in Nature, had for him a rare and beautiful significance. When asked where he got his beautiful thoughts, he replied:

"God sends an angel who tells them to me." God's angel was his mother.

"A poet in embryo"? Yes certainly full of poetic fancies, yet amazingly practical withal, for his mother, aside from her spirituality and ideality, was a practical, perfectly balanced, physically sound woman, who realized that the world needed pure and spiritual-minded, practical men and women, rather than poets. She had

kept her feet on terra firma, although her thoughts had soared above noise or sordidness; her actions had been tinctured always with the milk of human kindness.

The great geniuses of the world, men and women who have done and dared, who have achieved, who have accomplished most, who have conferred greatest benefits upon humanity, were *born right.* Their parents made conscientious and joyous preparations for their coming; they were loved, cherished and tenderly fostered by their mothers before their conception. It is needless to add that harmonious conjugal relations are most essential to such a birth.

This is the bright side of the psychology of motherhood. The dark side is too harrowing to dwell upon. It is plainly evident that if such high soul conditions can be transmitted to a child, sordid, base and criminal thoughts by the mother will create similarly dark and unwholesome psychological conditions, that will in turn color the soul nature of the child, resulting in corresponding tendencies, and with unwholesome environment, in criminality.

The case of a notorious boy murderer furnishes an interesting illustration of the power of pre-natal influence. The father was a butcher; for several months before the child's birth the mother frequently visited the shambles. This atmosphere did not produce homicidal tendencies in the parents, yet they both became so inured to the taking of lower lives and the shedding of blood, that this blunting of their finer sensibilities resulted in shocking homicidal tendencies in their child.

These two pictures, the highest and the lowest, will suffice. Mediocrity, and all the varying degrees of both high and low intervene.

Only higher intelligence, broader knowledge, a keener sense of moral obligation and sound health, can avert the overshadowing force of pre-natal influence.

Spiritual Motherhood.—The mere giving of physical birth to a child is not motherhood in its holiest and best sense. The true woman is a mother before the birth of the little one. The Eastertide begins

at conception, begins when the mother soul is illumined with the knowledge that to her is given the trust of a soul, the beginning of a new life. She nurtures, loves and cherishes the child in thought before its advent. She is uplifted by the knowledge that the beauty of its unfolding is hers, and with it all comes the uplifting inspiration to create a perfect life,—comes the realization of her kinship with her Maker. Such is true motherhood—physical motherhood is merely an accessory.

Mothers there are in whom the mother love, the mother enfoldment has developed by the thought and care of the little ones, although they have never given physical birth to a child. This spiritual awakening is often noted in a childless woman, and the world says: "She ought to be a mother, she loves children so." She is a mother in truth, in the best sense, as soon as the mother soul is awakened.

On the other hand, there are mothers who have never realized the possibilities of rising above the mere physiological

machinery of child bearing; they have never given real spiritual birth. To them motherhood means merely physical pain and the mental and physical struggle to care for another child. Such are to be pitied, for the joys of true motherhood are within their grasp, realized by others, while to them a blank page. Some friend or sister who has experienced the awakening of the mother soul is often the true spiritual mother of their children. It is a pity, in such cases, that the spiritual mother, married or single, does not adopt the child.

The spiritual mother sees to it that her child does not suffer soul isolation or starvation. She sees that body, mind and spirit, the human trinity, receive equal care.

The greatest masterpieces on canvas depict the beauty of spiritual motherhood; in their Madonnas they have achieved the highest art.

Beautiful copies of these masterpieces, in sepia tints and in black are sold at twenty-five to fifty cents per copy,—excellent

reproductions, suitable for most artistic homes. They are educative, inspiring and helpful to any expectant mother.

Selection and Education for Parenthood. —Life holds no greater responsibility than that of bringing into the world a helpless human being. That life should be handicapped before it is given is heinous, yet how little time is given to the study of eugenics,—the selection and education for parenthood.*

The study of eugenics includes not only the selection for parentage based upon heredity, but the protection of those selected, in so far as it has to do with prevention of the conception of life,—not in its purest types,—e. g.: the protection of the mother from alcohol, syphillis or lead. Everything which affects this possible parent is of the greatest concern, and a most sacred duty devolves upon parents to educate their children in these laws of life.

*Every young man and young woman will do well to read Parenthood and Race Culture by Caleb Williams Saleeby, M.D., Ch.B., F.Z.R. Edinburg.

Too many parents have a deep-seated idea that they have conferred a grave obligation upon a child by giving it birth, believing that it should be humbly grateful to them for such life, no matter how hard and joyless it may be. Such an attitude is a wrong to the child; the obligation rests, not upon the child, but upon its parents. A child so born is usually the result of selfish gratification, an unwelcome incident and an innocent victim.

Just how far a child's moral obligation to its parents extends, when they recognize no moral obligation in bringing it into the world, is a question.

The primary right of every child is to be born not only well, but "on purpose." If it has not been longed for, loved, and its coming anticipated in the most intelligent and thoughtful manner, it has sustained an injury before its birth; while maternal love, awakened at conception, will insure it, to a very large extent, advantageous prenatal influences and be an operating factor upon its entire life.

"Ignorant, undeveloped motherhood, physical and spiritual, has been a terrible curse to mankind. An incompetent artist is merely a pathetic failure; a superficial woman lawyer simply goes clientless; a trivial woman doctor may get a chance to cure a few patients, but her career of harm will be brief; a shallow or lazy woman journalist will be crowded out and back by industrious competitors; but a superficial, shallow, incompetent or trivial mother will poison the stream of life as it flows on and on in an endless widening of incompetence, of pain or disease, of insanity or of crime."

The realization of our fondest hopes comes to us through deliberate and intelligent planning. We carefully guard our pet animals and avoid such cross-breeding as would result in a deterioration of their species; we watch and tend with much care the flowers of our garden, giving them intelligent stimulation and nourishment to encourage perfect fruition; yet in the reproduction of our own species, the highest, the most complicated and most sacred

process in Nature's scheme, we depend upon chance to work miracles.

Every woman should see to it that her physical body is sound and normal in its every function, not only for her own sake, but for the sake of the little one yet unborn.

Her obligations are far greater than those of the father's, for she cradles her child within her own body for nine months, nourishing it with her own life blood, vibrating it with her nerve strength, controlling nerve and blood supply by her own moods; unless she be physically strong, the child must suffer. Perfect health tends to insure not only a normal, well-poised brain, but a more rational understanding of her relation to her Creator, to her family and to her fellow man. It also insures the regular flow of nourishment to the growing fetus.

A diseased or unsound body (and this is especially true where the organs of generation are involved) reacts upon the mind and many unnatural symptoms during pregnacy result. Many a helpless little

life is blasted by the repugnance, hate, licentiousness and murderous thoughts of its mother before its birth and by daily occupations that dwarf her finer sensibilities.

To bring an innocent soul from the infinite realm and thrust it into a hostile environment—to struggle, rise or fall, without the equipment of the normal heritage of a perfect body and brain is a tremendous responsibility. The ignorance and thoughtlessness manifested by thousands of women upon this subject is truly lamentable. Noble impulses, kind hearts, high mentality and morality come to children through the very blood pulsations transmitted by their parents, who take upon themselves the sacred responsibility of bringing forth a new life.

Each succeeding generation progresses by avoiding the mistakes and profits by the experiences of the past.

The purpose of the generative system is infinitely the highest in Nature's plan, the projection of our lives into the future. Through this great system comes to us the

most exquisite, the highest and most ennobling joys among life's possibilities; through it we are lifted above sordid selfishness, our lives are merged into fresh young lives which may be the better and higher for our experiences—these fresh, new lives taking up and continuing our development from the point at which we leave it.

Imitation.—By example, poise, presence and movement the mother impresses upon the young mind and soul the mental and moral results of her thoughts.*

A child's tendencies and habits are formed before he leaves the close companionship of his mother to mingle with friends. If she is in good health, is well poised, mentally, morally and physically, she can at least meet the responsibilities of to-day, to-morrow, the future, with courage and determination to discharge her full duty. The result of this effort on her part will be transmitted, or impressed, upon

* Publishers' Note: See "Reading of Character through Bodily Expression" by Susanna Cocroft.

her children, and will blossom forth in sterling traits of character.

Example is more than precept—the child grows by imitation. Be yourself the example of what you would have him become; let your physical attitude inspire him to soundness, to uprightness of body and mind.

Much of what is ordinarily termed heredity is the unconscious imitation of parents during the formative period. Do not forget that hereditary tendencies can largely be corrected.

Form for yourself, first, the habit of correct bodily poise. The mother who moves about her home with drooping head and chest, rounding shoulders and slouching hips, will never be able to measure the effect upon those about her, will never measure the depressing effect upon her offspring.

The upright head and body inspire to uprightness of thought; the high, full chest expresses courage; the very lifting of the chest and inflation of a full draught of pure air give the child strength and poise. It

helps to rid the system of impurities and brings all vital organs to proper position.

The reflex action of bodily poise upon mental balance is too broad a study to be discussed here;* but, mothers, remember that your children grow by imitation. Let your own body express the freedom and uprightness of mind you would instill into your child.

Do not lose sight of the fact that happiness and health are habits, that a child's nerves are very responsive, and habits are very quickly formed in the early years.

A happy face, a buoyant poise and a cheerful tone have much to do in forming habits of looking upon the bright side of life. If you form the habit of cheer and brightness in your child, by your own example, you have tided him over many an otherwise disagreeable experience in years to come. A habit of looking upon the duties of life, not as worries, but as a series of events to be met with a well-poised brain and a happy mental attitude, is indeed a heritage. It is worth more to him than gold.

Since it is so much easier for the morals to become distorted, if the body and mind are weakened by disease, or unnatural living, every expectant mother should put forth earnest, intelligent, conscientious effort to become physically, mentally and morally competent, before assuming the grave responsibility of motherhood.

Upon being asked what sort of a young woman a man should select for a wife, one of America's thinking men replied: "Any daughter of a good mother will do." This man could have paid no better tribute to wife and mother.

In the short span of life allotted to each mother she can at least begin a tendency towards right and noble living that will conquer, or turn aside, the evil tendencies stretching through the ages. We live but for a day, but good or bad influences live on and on, manifesting themselves from generation to generation, and impressing us through the "choir invisible."

Inheritance and Environment.—It is true that after birth environment plays a most

important part in the lives of children, still if they are born with strong natures they are better equipped to rise above an environment which tends to degradation.

"The mothers of great men have themselves been great," is an old aphorism based, to a degree, upon facts, but often the world does not discover the mother's greatness until it is recognized in the son.

A mother not only transmits tendencies to her children, through pre-natal influence, but through the environment she creates for them, and which she teaches them to assist her in creating, she largely determines their future.

Do not allow your child to relax to the impression that he is a "creature of environment." Rather train him in the thought that he can mould his environment to conform to his highest, best motives and purposes.

Do not make the grievous error of assuming that you are the product merely of your ancestors' ways of living and thinking and that your life is thus beyond your control. This thought is disastrous to all endeavor.

After maturity everyone is, in the greatest measure, the product of his own way of living and thinking. Recognizing the fact that his progenitors have impressed upon him, or transmitted to him, certain evil tendencies, puts upon him an obligation to correct them to such an extent that they will not be transmitted to, or impressed upon, his offspring. It is here that one faces true personal responsibility.

Many conditions ordinarily termed inherited are the unconscious imitation of the child, or are the result of the nerve impulse which the child imbibes from the mother in its tender years. It is only the hereditary tendencies which are inherited, not the conditions themselves, and tendencies can be corrected. Make the most of whatever sterling qualities have been transmitted to you, or impressed upon you, and you will reap the reward of your efforts in mental and spiritual growth, and in the advancement of your children.

Every child born of fond, true parents, with clean, wholesome bodies—who have cherished the little one in thought and deed

through its entire fetal life—is nobly born. No child need ask for a better heritage. Through individual integrity and effort, every man may become a king, every woman a queen.

Children born with, or who have cultivated, strong wills and great force of character, imitate least; it is they who rise above environment. But the inspiration and desire to rise must be quickened. The right ideals once fixed, the battle is half won. It is the weaker nature that accepts the conditions of life as inevitable and makes no effort to rise above them.

An easy and luxurious environment is not conducive to development. It must come through personal endeavor, through the natural process of evolution, or as an inheritance from progenitors who have met obstacles and conquered them, who, having conquered, do not forget or disregard Nature's immutable laws. The children of the middle class, born into an environment where strong and weak natures alike are put to the crucial test, most often rise to

greatest power. Out of endeavor is born strength and courage.

Personal responsibility is born of knowledge. The mother who realizes that through the power of spirit impress, such strength of character and power of adaptation can come to her, that she can impress this upon her children or transmit it to them, just as she can transmit weaker characteristics, takes upon herself a moral obligation to obliterate, as far as she may, all that tends to debase, and to cultivate all that tends to ennoble, as her legacy to her child and to the ages.

Unwholesome ideas should be banished, and the habit of looking for good in friend and foe, for right motives underlying all human effort should be fixed. Remember that good is infinitely higher and stronger than evil—that it is supreme and must predominate.

Keep the mind of your child upon the positive; teach him to face the right, to look for the highest and the best in nature and in all life, and you will give him the

priceless heritage of true nobility and true happiness.

Keep ever in mind the sweet, new dignity, use and purpose given to your life—the mysteriously beautiful new life, placed entirely within your power to form into a perfect being. Endeavor to impress upon it the stamp of chaste, dignified, strong and useful force, that it may develop into a power for good, for right, for truth; you will thus endow it with a dynamic force which shall give it the strength to make this power felt.

Power in Repose.—Too large a percentage of mothers, alas, give full rein to their emotional natures, losing sight of the fact that real power lies in repose. They do not reason, they simply feel and suffer, hampering their mental growth through emotionalism. Since the emotional qualities are of a more primitive nature than the mental ones, they are oftener transmitted to the child.

An expectant mother should cultivate repose; should remember that real power

is too deep for surface expression. "Only the serene soul is strong."

This strength in repose, in silence, can be attained to only through the aid of a sound body, because a sound body means a clear brain and a clear brain insures a clear insight into physical, metaphysical and spiritual forces. When this insight is safeguarded by a practical knowledge of her own being she is capable of fulfilling her highest mission in life—true wifehood and true motherhood.

No better or stronger qualities are transmissible to one's child than self-control and the power of resistance, in its broadest sense. The mother who cultivates these traits instills into her child a natural power, not only to resist disease, but mental and moral temptations as well, and thus hands down to posterity a priceless legacy.

Spend a little time each day in silence that you may keep in close harmony with the Master Musician who holds the keynote and keeps in vibration every chord of your being. He is holding you closely now; you are now a Divine instrument with the

trust of a soul; you will start a rhythm of a new life. It is sacred music. Listen, and in the silence of the "inner chamber" with the door shut you will hear the Divine chord, audible to you alone.

Education of the Child.—It is a lasting reproach to the intelligence of the age in which we live that man, woman or child should feel ashamed, or refrain from an intelligent understanding of himself, and of the beautiful law of generation. Such a view of life's duties and obligations is most unwholesome and erroneous. Too many women pride themselves upon their ignorance of these laws through a mistaken idea that such knowledge would mean less modesty and delicate refinement.

Real safety lies alone in knowledge, not only for the mother and for young women contemplating marriage, but also for the child—regardless of its age. The information should be imparted by parents, attended by the refining and ennobling thoughts which a parent would instinctively give. It should be given the grave

importance which it occupies in the life of every human being.

Mothers, fathers, this is an education you *owe* to your children—do not shun it, do not give them the impression that there is anything about this sacred duty and privilege of parenthood which cannot be discussed in the broad light of day with father and mother; do not let them get the impression that it is unmentionable, indecent and dishonorable, something impure and temptingly wrong, instead of being beautiful, sacred and pure. If the child feels such knowledge must be avoided, he has a "sneaky" feeling in regard to it, which fosters an unwholesome mental attitude toward it. Let him have from you the foundation knowledge that shall color all unwholesome thoughts or erroneous ideas gathered from ignorant companions, who have a perverted idea of the subject and whose thoughts are not wholly unsullied. Many a young boy or girl falls through ignorance or through sheer curiosity to know something of the, to them,

mystical sex instinct, while knowledge would have been their safeguard.

Sex instinct is natural in every normal child, and education will come to the child from some source. Though parents repress it and treat it with silent contempt, the education comes from someone, and first impressions are hard to efface. If the knowledge comes first from you, he will instinctively turn from grosser thoughts. If you do not explain to him, his curiosity may become morbid if he be allowed to brood over it. Do not allow anyone else to supersede you in your child's education in this important matter. Teach the young inquirer that all thought in regard to this instinct should be kept clean and upright, for the sacred duty of parentage and the perpetuation of sound manhood and womanhood. Make him to know that true parenthood means pure thoughts, a clean life and noble responsibilities.

The true education of our girls must teach them to guard and protect their bodies, the temple of life to come, and how afterward to be the educators of their chil-

dren into upright, manly and womanly citizens. False modesty in refraining or shrinking from this knowledge of generation is "womanish," not *womanly.*

Every young girl should know that the young man to whom she plights her troth is *clean* in mind as well as in body. That he is *manly.* To be manly is to understand himself and, understanding, to be the master of his instincts so that, at such suitable time as marriage seems wise and best, he may transmit life in the spirit of a high purpose—that his offspring may have all the heritage of sound mind and body nurtured by the wise protection of intelligent parenthood.

The following are a few books which are helpful for one preparing for motherhood to read:

"Parenthood and Race Culture".....By Caleb William Saleeby
"In Tune With the Infinite".....By Rauph Waldo Trine
"Growth in Silence".....By Susanna Cocroft
"Power in Repose".....By Anna Payson Call
"The Kingship of Self Control".....By William George Jordan
"Ideals and Privileges of Woman".....By Susanna Cocroft
"The Majesty of Calmness".....By William George Jordan
The Poems of Longfellow, Whittier, Wordsworth and Bryant.
"Modern. Painters".....By John Ruskes
"Sesame and Lilies".....By John Ruskes
"Birds and Bees".....By John Burroughs
"How to Know the Wild Flowers".....By Mrs. Dana
"Excursions in Forest and Field".....By Henry D. Thoreau
"Bird Life".....By Chapman
"Self Sufficiency".....By Susanna Cocroft

ORGANS OF GENERATION.

The generative organs constitute a wonderfully intricate and perfect system, the condition of each organ depending upon that of the others, all working in harmony to fulfill Nature's grand purpose—the perpetuation of the race, and the development of human souls.

Nature has provided these organs with the greatest possible security, nestling them in a network of pliable muscles, within a basin formed of supporting bones. (See Fig. 1.) Here the strongest muscles and most abundant tissues are found, also cushions and linings of fat for greater security. The projection of the abdomen and thighs is such as to protect these organs from most accidents. Likewise, the fleshy buttocks form thick cushions of strong muscles, thoroughly protecting the pelvic cavity in sitting or falling.

Nature even goes farther by protecting the internal organs from friction, the great bones of the pelvis being lined with cushions of muscular tissue to protect the organs from the bones themselves. This arrangement also forms a medium through which the nerves, arteries and veins within the cavity are insured protection. The sacrum also partially protects the generative organs, their nerves, arteries and veins, from the weight of the intestines from above, throwing the greater part of their weight upon the abdominal walls, which walls are so strong, in a healthy woman, that they hold the intestines in place. The habit of sitting on the end of the spine, or of standing with the chest depressed and the thigh joints forward, however, will crowd all abdominal viscera out of place. High heeled shoes, likewise, throw the lower pelvis forward and lessen the protection that the sacrum naturally affords the uterus and ovaries.

The Pelvic Bones are welded into one structure which composes the pelvic basin.

The ossa innominata, the irregular pubic bones, which form the sides and front of this basin, curve around and meet in front, the point of meeting being known as the symphisis pubis. The upper edge of the meeting point is about three inches below the upper projections of the hip bones,

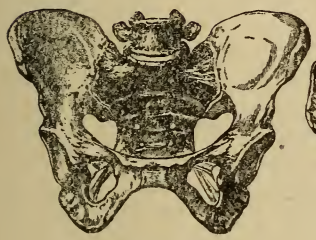

Fig. I.
Female Pelvis seen from the front.

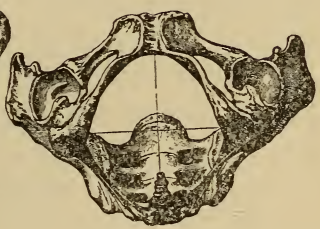

Fig. II.
Outlet of Pelvis seen from below.

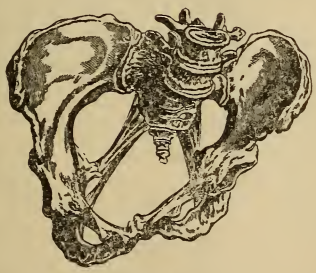

Fig. III.
Oblique view of Pelvis showing the curve of sacrum and coccyx in poise. In the incorrect poise of many women the lower spine is almost perpendicular.

thus forming the pubic arch. The posterior borders of these bones join the lower section of the spine, known as the sacrum, which consists of five united vertebræ, triangular or wedge shaped, broadened at the top, its lower or narrower end being attached to the coccyx, the termination of the spine. (See small projecting bone at the end of the spine in Fig. III.) The coccyx often becomes displaced or bent as the result of a fall. The space enclosed by the foregoing bones is known as the pelvic cavity.

The spaces in the wall of this basin, not completed by bone, are filled with muscular tissue. Tissue also forms the floor of the pelvic cavity, and fills the space between the tip of the coccyx and the pubic bones in front. The joinings of the bones of the pelvis are so firmly bound by ligaments that movement is almost impossible. An exception is made, however, at the juncture of the coccyx with the sacrum, this joint being movable, ennabling the coccyx to bend slightly at the birth of a child. The pelvic bones, which form the front of

the basin, are cartilaginous, and spread slightly at childbirth, especially in a young mother.

The pelvic cavity, which, in women, measures but four and one-half to five and one-half inches in diameter, is sufficiently large to hold comfortably and compactly the vagina, the uterus, the Fallopian tubes, the ovaries, the bladder and the rectum, as well

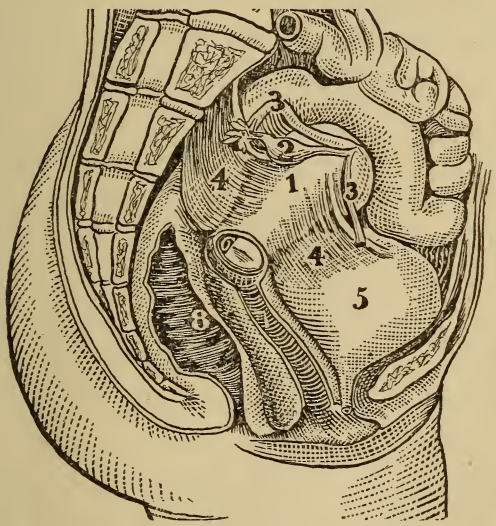

FIG. IV.

CORRECT POSITION OF PELVIC ORGANS.

1. Uterus; 2, Ovary; 3, Fallopian Tubes; 4, Peritoneum which forms the ligaments supporting the uterus; 5, Bladder; 6, Os, or opening into the uterus; 7, Vagina; 8, Rectum.

It will be noted that the uterus, in correct poise, slants forward at an angle of above forty-five degrees.

as the ligaments which support these organs and the muscular tissues attached to their inner surfaces. The bladder is just in front of the vagina, and the rectum just behind it. Hence, any disturbance of the generative organs will in turn affect both the bladder and the rectum.

The generative organs are the uterus, the two ovaries, the two Fallopian tubes, and the vagina.

The Vagina is a highly elastic tube, extending from the vulva to the uterus. (See 7 on Fig. IV.) From before backward it is flattened, its walls curving backward and following the course of the rectum. It varies in size and length, according to the individual. The upper end is firmly attached to the neck of the uterus, which protrudes into it about three-fourths of an inch. It is lined with a mucous membrane, and supplied with numerous little glands, which in a healthy condition pour out a sufficient amount of mucus to lubricate the parts.

The lower orifice of the vagina is surrounded by highly elastic tissues capable

of great distention—a provision of nature to prevent injury at childbirth. When these tissues are in a healthy state they stretch without harm and readily resume their normal condition. They are inelastic, however, when in an unhealthy condition, and are often torn at the birth of a child. The tissues between the vagina and anus are often lacerated at childbirth, this external laceration sometimes almost wholly destroying the muscular wall between the lower part of the vagina and rectum.

The Uterus, or womb, is a hollow muscular organ, a "serous" coat forming its external, and a mucous membrane its internal covering, the latter being lined with a single ciliated epithelium or skin, called the endometrium. This mucous membrane contains numerous tubular glands, known as the uterine glands; it also contains lymphatic spaces, communicating with the lymphatic vessels in other layers of the organ.

Between the external coat and the internal membrane there is a thick muscular coat, composed of a number of layers of

smooth, muscular fibre, ingeniously lapped and overlapped, admitting of great distension in pregnancy. In an unimpregnated condition the internal mucous membrane has no folds.

The uterus—attached to the top of the vagina, as already described—is pear-shaped, the fundus or larger end being at the top, while the cervix, or smaller end, is at the bottom. Since it is top-heavy it will be readily seen how easily it may be thrown out of place, by pressure due to an incorrect position in walking, standing or sitting, or by a fall.

When in a normal and healthy condition the uterus is light and hollow, ballooning about in the pelvis out of harm's way. It is suspended in the pelvis by means of the broad ligaments, which are folds of the peritoneum, extending laterally from the uterus to the pelvic walls.

The length of the uterus, including the cervix, is about three inches. In women who have borne children it weighs from three to four ounces, while in the virgin it weighs one and one-half ounces. It is flat-

tened front and back, being about an inch in thickness and about two inches in breadth; its cavity is very small, widening slightly into the shape of a pear towards the top, at the upper points of which are the openings of the Fallopian tubes, one on either side.

The mucous membrane lining the cervix, or neck of the uterus, is folded. The cervix, which is kept nearly closed by two constrictions, the inner and outer, is provided with a number of minute glands, which pour out a colorless secretion. In the virgin there is a curious marking inside the cervix, known as the arbor vitæ, or the "tree of life."

The opening from the vagina into the uterus is called the os.

The uterus is situated in the median line, tipping forward at the top at an angle of about forty-five degrees. This inclination varies considerably, however, according to the contents of the bladder or the rectum. In order to fix its position in the body, imagine a line drawn from the tip of

the coccyx to the navel, such a line will pass through the uterus.

The Fallopian Tubes extend from the top of the uterus to the ovaries. They are about four inches in length. Their walls are muscular, the tissues being continuous with the tissues of the uterus. The purpose of the Fallopian tubes is to convey the eggs, or ova, which are formed in the ovaries, to the uterus. They open into the uterus with trumpet-shaped mouths, then for a distance the openings in the tubes become so small that they will hardly admit of the insertion of a bristle. At the ovarian ends they terminate in a fringe, or a number of slender fingers, which overhang the ovaries. To facilitate the conveying of the ovum to the uterus the mucous membrane, lining the tubes, is provided with a vast number of minute cilia, or hair-like processes, which force the ova towards the uterus.

The Ovaries are the central influence of a woman's organization, determining her

sex and her womanliness. Nature has, indeed, shown marvelous care and ingenuity in constructing a nest for them, guarding and holding them with jealous care. The uterus cradles the egg or ovum after impregnation until it develops into human life, but the ovaries are the nests in which the eggs are stored. A woman deprived of them loses a most priceless gift, for they not only play a very important part in her mental and spiritual growth, but upon them depends the propagation of mankind. Therefore, their disease or removal is an outrage, resented by every part and function of the body, and for which both mind and body must suffer.

They are about the size and shape of an almond, from an inch to an inch and a half in length, about three-quarters of an inch in breadth, and about a third of an inch thick. They are composed of a framework of connective tissues, and supplied with blood vessels, nerves, lymphatics, and muscular fibres. They project from the posterior surface of the broad ligament of the uterus. (See Fig. IV.)

Even before birth the rudiments of the eggs contained in the ovaries of a female child are discernible. There are thousands of these minute eggs, each one occupying a little follicle, or cavity, each follicle having an abundant and independent supply of blood, as well as an independent set of nerves. Many of the ova do not mature, but atrophy.

During childhood and youth Nature expends all her forces in the process of development of brain, bone and muscle. She makes one exception, however—the ovaries lie practically dormant until the age of puberty, when they take on an activity which they retain throughout the entire child-bearing period.

At each menstruation an egg ripens in one of the ovaries, and as it bursts through the thin covering in the ovary, it is caught up by the fingers of the Fallopian tube and sent thence to the uterus. If it becomes impregnated in the uterus it remains quietly in its own little receptacle at the entrance to the Fallopian tube for a few days. Meanwhile, a nest within the uterus, from

the membrane lining that organ, is being prepared for its reception. Escaping from its temporary position it lodges in this carefully prepared nest, where it grows and develops into a child. If not impregnated, it passes away.

There is a supposition that the ovaries alternate with each other in ripening an egg at menstruation. Thousands of the rudimentary eggs, however, perish in their follicles undeveloped. When all that Nature intends to use have ripened and been cast out, the meno-pause (change of life) occurs, and the child-bearing period is ended.

Blood Vessels.—The arrangement of the blood vessels of the pelvic and abdominal organs is somewhat different from that of the thorax and the extremities. The veins to the latter are furnished with valves, which prevent a return flow of venous blood; but there are no valves in the veins of the generative organs; thus interference with the circulation in one part of the generative system more seriously affects other parts.

The blood vessels in the muscular tissue of the uterus are very winding. In the unimpregnated uterus, large spaces are filled with blood vessels, and the numerous veins without valves increase the liability of an overabundant gathering of blood there, which often results in congestion; hence the importance of keeping the blood pure and freely circulating.

Nerves.—The value and usefulness of the organs of generation necessitate, not only an elaborate, but an intricate set of nerves for them. A perfect network of nerves covers the face of the sacrum behind the uterus. Everywhere throughout the generative region are nerve centers and nerve fibres, branching in all directions. These small branches unite with the great branches which enter the spinal cord, thence running to the brain. The sympathetic nerve centers controlling these organs are particularly acute.

Not only do the nerves of these organs communicate with the brain directly, but with the entire motor, sensory and sympa-

thetic systems. The sensory nerves carry impressions from all parts of the body to the brain; the motor nerves convey impulses from the brain to different parts of the body; the sympathetic nerves unite every part of the body, equalizing the circulation and regulating the distribution of nutriment. A diseased condition of the organs of generation interferes with this equal distribution of nutriment, impairs circulation, and weakens the entire nervous system.*

Langley describes the nerves of the uterus as follows: "The uterus receives its motor fibres for both coats from the sympathetic chain, chiefly from the fourth to the sixth lumbar ganglia. Most of the fibres run to the lower inferior mesenteric ganglia and are connected with nerve cells there.

"Stimulation of the hypogastric plexus causes contraction of the uterus. The fibres which arise from the spinal cord,

* Publishers' Note: The nerves controlling the generative system are clearly shown on cuts published in the "Body Manikin" and in "The Nervous System," by Susanna Cocroft.

from the last dorsal and upper three or four lumbar nerves, run into the sympathetic and then reach the hypogastric plexus."

An incorrect poise of the spine, common to so many women, throws these nerves out of position, weakens them, and the entire generative system suffers in consequence.

The nervous system is too intricate and delicate a piece of machinery to be misused or abused; an incorrect poise and consequent pressure upon nerve centers and ganglia is a flagrant abuse of it, and is the primary cause of much suffering.

Location of Organs.—Looking down upon the true pelvis from above, the uterus, the Fallopian tubes, and the ovaries have the appearance of being suspended in a swing, formed by a nest of ligaments, held in place by other rope-like ligaments. But for this ingenious arrangement of ligaments, which Nature has provided to hold them in place, and to give them the freedom and ease they require, the organs of

generation would lie helplessly upon the floor of the pelvis. This suspension enables the organs to move with every breath (particularly with deep breathing) and with every motion of the body.

Since the blood is conveyed through the ligaments to these organs, any condition which causes impoverished blood weakens the ligaments, rendering them so relaxed that they are unable to hold the organs in proper position, hence retroversion or prolapsus is liable to result.

The peritoneum is a membrane which lines the abdomen and covers the abdominal and pelvic organs. It dips down into the lower pelvis, completely covering the upper part of the uterus, the Fallopian tubes and the ovaries, presenting to them a smooth surface to prevent friction from the contact of the various parts.

This dipping of the peritoneum in front and back of the generative organs forms two folds, which envelop the organs and form the ligaments which hold them in place. Two of the ligaments, so arranged, run from the uterus to the bladder, thence

to the walls of the abdomen. On each side a fold envelops the uterus, the Fallopian tubes and ovaries, and then passes to the walls of the pelvis and upward. From the uterus two folds pass backward, encircling the rectum, thence upward, lining the part known as the small of the back.

There is also a dipping down of the peritoneum between ligaments supporting the uterus which forms, between the uterus and rectum, a blind pouch extending down the rectum and possibly a quarter the length of the vagina. At the termination of this —that is, below it—the front wall of the rectum and back wall of the vagina are practically one. Between the vagina and bladder, in front of the uterus, the peritoneum dips again, below which the front wall of the vagina and the posterior walls of the bladder and urethra are practically one.

Where the abdominal muscles and the peritoneum lack strength and tone, many operations for prolapsus and retrovertion are performed, the uterus being stitched to the abdominal wall (a position as unnatural as the displacement), when all that is

needed is to build up the general tone of the entire system by regular exercise, breathing and diet. Nature will thus tone the ligaments to hold the organs in position naturally.

Happily the knife for the correction of weakened ligaments is becoming less frequently used by our most experienced physicians. The knife does not correct the *cause* of the weakness, nor does it strengthen the nerves or connecting tissues.

Since the bowels rest upon the pelvic organs, one can readily understand that tight lacing, the weight of heavy clothing pressing upon the abdomen, or an incorrect position of the body while standing or sitting, tends to crowd the bowels down upon these delicate organs, doing irreparable injury by cramping them, or crowding them out of correct position, and will not only undermine the health, but greatly increase the dangers and suffering of childbirth.

When in correct position, as indicated by Fig. IV., the generative organs are enabled to move forward, backward and

sidewise slightly with every movement of the torso, particularly with the movement in walking with the body in correct poise and with the movement of the diaphragm and the abdominal muscles in deep breathing. The space in which they are held is small, however, and their movements necessarily restricted, yet the exercise that these movements furnish them is most essential to their healthy condition, to perfect circulation, and to their supply of pure blood.

Since the promontory of the sacrum—which is a forward projection of the upper end of it—partly overhangs the uterus, and furnishes the only firm support of the bowels at that point, it can be readily seen that a correct poise of the sacrum—the entire spine, in fact—is most essential to the protection of the generative organs.

The standing position of seventy-five per cent of women throws the large thigh joint too far forward, which in turn forces the promontory of the sacrum backward and the coccyx forward. All of the pelvic organs are thus forced out of position and

the abdominal and pelvic organs lose the support afforded by the sacrum.

The contents of both cavities—the upper and lower pelvis—are held in proper position by the muscular walls of the abdomen, hence the importance, also, of proper and scientific exercise during pregnancy to strengthen these muscular walls, and give to them added strength and tone, that the weight of the child may be supported.

MENSTRUATION.

Menstruation commences with puberty—recurring, as a rule, every twenty-eight days—continuing on an average of four days, terminating with the meno-pause, or change of life. It usually covers a period of from thirty to thirty-five years, varying with climate, race and individual.

Since this is a natural function, unless an abnormal condition prevails, it is painless.

Until comparatively recent years, it was generally believed that menstruation depended upon the maturing of the ovum and its release from the ovary. However, since the prevalent practice of removing the ovaries has established the fact that a woman may menstruate regularly and normally without these organs, investigation has led to a dispute of the theory that menstruation depends upon ovulation.

According to the latest theory regarding menstruation, this function is controlled by the tubo-uterine plexus of sympathetic nerves, and if these escape injury in such operations menstruation will not be affected. Exercises to strengthen and stimulate this nerve plexus often establish menstruation which, for some cause, has been suppressed.

The source of menstruation is the disintegration of the membranous lining of the uterus, which, together with the waste of the system, is discharged monthly. An excessive amount of blood is sent to the pelvic organs at this time, and a normal and healthy discharge of this blood brings a sense of purification—the brain is cleared, the nerves relieved, the body purged of impurities. It will be plainly seen that the blood supply should be normal, the organs developed and in correct position, in order that there may be no impediment or clogging to prevent the proper elimination of waste.

Before it is possible for the membrane lining the uterus to be discarded, the epi-

thelium, which is the thin skin covering its surface, must be shed. To facilitate this process its texture changes, and it is softened by fatty degeneration. The terminal ends of its blood vessels, or the capillaries within its substance, are softened in like manner. This change of texture, through which means the thin lining membrane is removed, occurs several days before menstruation. The removal of the lining uncaps the vessels and allows the flow to escape from the capillaries situated in the fundus of the uterus and from the uterine ends of the Fallopian tubes. The mucus of the flow is discharged from the secreting vessels in the lower part of the body of the uterus, also from its neck and from the vagina. The purpose of this mucus is to dilute the other components of the flow and enable them to be discharged with greater ease. Particles of the disintegrated lining membrane of the uterus compose the solid ingredients. With every menstruation this disintegration occurs.

The ovaries are more vascular at this time, owing to the increased activity of the

generative system, and to the rupture of one or more of the ripe follicles, which surround the ova, occurring simultaneously with the menstrual function. As the ripe follicle bursts through its membrane and tears the epitheleum covering of the ovary, there is a small discharge of blood; yet the blood from the uterine mucous membrane is the chief source of the flow.

The nervous system plays an important part in establishing normal menstruation. When the tissue becomes disintegrated, softened, loosened and dissolved, the action of the nervous system is necessary to discharge it. Through the influence of the uterine and ovarian nerves, a contraction of the muscular fibres of the uterus, Fallopian tubes, ovaries and ligaments occurs, delaying, or preventing a return flow of the venous blood from these parts, and, the weakened terminal ends being thus uncapped, the flow naturally occurs.

As soon as the lining membrane of the uterus is discharged at menstruation, it begins to re-form and when re-formed the contraction of the uterine walls ceases, and

the blood is no longer forced out of the capillaries. The mucus glands also suspend their activity, menstruation ceases and the generative organs relapse into a state of comparative repose.

A prolonged menstrual flow indicates that the new membrane has not re-formed, which may be due to impure or impoverished blood, to a weakened condition of the nerves or to a foreign growth.

After the meno-pause the generative organs, having no further active work to do, shrink.

The flow, which is pink in color at the beginning of menstruation, becomes the color of arterial blood at its height, gradually changing to a rusty color. It does not coagulate as ordinary blood. Any abnormal odor or coagulation of the flow indicates an abnormal condition, just as a foul breath indicates an abnormal condition of the digestive system.

The majority of women menstruate during the first quarter of the moon, a few at new and full moon.

While, as a rule, menstruation occurs

every twenty-eight days, yet a woman may be perfectly normal and menstruate regularly every three weeks. If, in such a case, she remains entirely well and the period recurs regularly every three weeks, it is evident that this is a physical peculiarity of her own, and there is no cause for worry.

The duration of the flow also varies in individuals, lasting, as a rule, for from four to eight days. It is natural for some women to menstruate profusely and feel all the better for it, while others have but a scant flow, yet feel perfectly well. If this has always been the case and the health is unimpaired by such frequency and quantity of menstruation, it cannot be regarded in such individuals as abnormal. If, on the other hand, the health is affected by such frequency, profusion or scantiness of the flow, an abnormal condition is indicated and should be corrected at once, else the health will seriously suffer. As a rule the flow is more profuse in warm climates than in cold.

The process of menstruation not only involves great force, but the generative or-

gans become highly sensitized, owing partly to the unusual nerve stimulus sent from the brain, and also to the greatly increased blood supply. The ligaments that support the uterus, the Fallopian tubes and ovaries may be considerably congested, because they have their certain work to do in connection with the process.

Only perfect health will enable the organs to bear the intense strain upon them at this time. They are benefited by this strain, however, and bear it painlessly if in a healthy condition, just as the liver, stomach, lungs, etc., are rendered healthier and stronger by properly doing the work which Nature designed for them.

The tenderest solicitude should be shown young girls from twelve to sixteen years of age. Not only should they be fully informed by their mothers regarding this natural function, but their health should be guarded with the utmost care, and under no circumstances should they be overworked, physically or mentally. The health of thousands of our young girls is wrecked by overstudy during these years.

PREGNANCY.

When conception takes place, a mother assumes the crowning responsibility of her life, for she then enters into the marvelous work of creation—into a partnership with God. She is then confronted by the awful mystery of life—physical, mental and spiritual. She is a sacred instrument in fulfilling a most beautiful and most immutable law of Nature.

It is needless to say that she should approach the subject with the utmost reverence, and with such knowledge as is possible to finite intelligence.

Anticipation of this Eastertide in her life must draw her closer to her Maker, must awaken and enkindle divine aspirations. A soul has been entrusted to her care, and whether or not her child becomes a happy and useful member of society, or a miserable incompetent—a lasting re-

proach to her and a menace to society at large—is determined largely by her own conduct, health, and thoughts at this time.

With a proper knowledge of her physical organism and its workings, of life and its responsibilities, and an observance of Nature's laws, her child enters life properly equipped to surmount its difficulties and to develop to the limit of its possibilities. Ah, who shall say what the possibilities of a fresh young life may be! Every child unborn may be a Mozart, a Liszt, a Titian, a Coreggio, a Bonheur, an Eliot, a de Stael, a Willard, a Patti, a Shakespeare, a Savanorola, a Ruskin, a Gladstone, a Lincoln.

In preparing for pregnancy a woman should see to it that her body is perfectly sound and wholesome, else she is in no condition to bear a pure, sweet and healthy child. Since a mother's vital energy is severely taxed during pregnancy she needs abundant reserve force at this time, for her mental strength and moral poise depend upon this. She must also be sufficiently strong in the thought of the new

life entrusted to her, to resist influences—be they physical appetites or mental or moral weaknesses—which militate against her strength and menace the life and well being of her child, else she is in no condition for the sacred privilege of motherhood. If any disease exists, especially of the genital organs, she should be promptly and properly treated, but by far the best and only right method is to correct any disease or weakness, and prepare body and mind for the new life and new duties before conception.

She must be sufficiently strong in spiritual and mental force to assert her rights of womanhood and motherhood, and at the same time cement the affection and retain the homage of her husband. A true man will give to his wife a sacred deference, respect and chivalry at such a time, which draws closer the tender, holy bond between them. The thought of the dainty baby fingers is an invisible link stronger than iron bands.

Any violation of the purpose of Nature at this time is a crime and an outrage of

the most deadly character, not only destroying the new life, but the murderous instinct which prompted it dwarfs the spiritual life of the mother, and deadens the beautiful enfoldment which was her right and womanly privilege. An irrational mode of life that tends to cripple or weaken the embryonic child, not only insures punishment for the mother, but brings a train of results upon the child; while to live rightly and cherish the designs of Nature, conscientiously and intelligently, will result in the sweetest blessings which life can hold.

The processes involved in pregnancy are: Ovulation, Impregnation, Gestation and Parturition.

By ovulation is meant the escape of the ovum or egg from the ovary; by impregnation the contact and mingling of the male sperm with the ovum or female germ; by gestation the development of the ovum in the uterus during its stages of embryonic or fetal life; by parturition the birth of the child.

Ovulation, and the time and location of fertilization, are shrouded in so much mystery and uncertainty that it would be hardly less than presumption to advance other than general theories regarding these questions.

Impregnation is the uniting of positive and negative forces. It occurs when the matured ovum commingles with the viable male sperm; the fertilized ovum then lodges and develops in the uterus, and a new life is begun.

It is a fairly well established fact that the ovum or egg, after it matures and dislodges from the ovary, may retain its life for from six to eight days, and consume that length of time in making its exit from the uterus—in the event of its not becoming impregnated. (One of these eggs bursts from the ovary at each menstruation.) With many women the ovum passes off within twenty-four to forty hours after the cessation of the menses. Ordinarily impregnation is likely to occur within six or eight days after menstruation—or a

few days preceding it. However, exceptions to this may occur in diseased conditions, or in cases of a long separation of husband and wife. It seems also a fairly well proven fact that the male sperm is viable for some days, if retained in its own element at a certain temperature.

Nature has likewise ingeniously arranged, through floral and vegetable kingdoms, for the reproduction of species. For instance, in plants, whose blossoms contain both the male and female principle the parts are so arranged that when the male pollen ripens it drops upon the female ovules beneath, and fertilization takes place. Some of the blossoms of the same plant are male and others female. Where all blossoms are either male or female as in the strawberry, the male and female varieties should be planted in alternate rows.

Nature further aids the propagation of life: Certain insects enticed by a secretion of honey go within the blossoms to seek this refreshment; as they do so, they brush against the male pollen, which is conveniently placed for this purpose; thence they

fly to the female blossom for more honey, where they leave the male pollen on projections which Nature has conveniently arranged to receive it and fertilization occurs; thus the perpetuation of the species is provided for.

It is not known whether the ovum, or egg, is fertilized in the ovaries, the Fallopian tubes, or the uterus. However, it is quite probable that conception may take place at any point in the generative tract, provided the male and female principles commingle during their viability. The generally accepted theory seems to be that fertilization takes place in the ovary, and that the impregnated ovum remains in the ovary or Fallopian tube until the uterus has prepared a special nest for it.

Both the male sperm and female germ must be in the right condition, else the uniting or contact of the two germs will not result in conception, and the ovum will pass from the uterus unfertilized. Neither does it follow that the matured ovum or egg always commingles with the

male sperm in its passage from the ovary through the uterus.

The male sperm is undoubtedly endowed with sufficient power of propulsion to reach the ovary, which is only 2½ inches from the uterus, and it is probable that there is some natural law of attraction between the male and female germs.

The normal opening into the uterus through the cervix is so small that it will admit a probe only ⅛ to ¼ inch in diameter. The relaxed condition of the organ during menstruation, however, when perfectly normal, is such that the opening enlarges sufficiently for the painless discharge of the disintegrated mucous lining. It might be inferred that the relaxed condition attending and following coition would tend to increase this opening slightly. Many cases of sterility are, doubtless, due to the almost closed passage of the cervix.

Although menstruation usually ceases when conception takes place—since the uterus needs all of its energies for another and more important purpose, the development and sustenance of the embryonic

child—yet there are exceptions to this rule. Since the cessation of the menstrual function may be due to other causes than conception, the non-appearance of the function cannot always be taken as an indication that conception has occurred.

Immediately after impregnation the uterus begins to prepare a lining, or nest, for the reception of the precious embryonic guest, which it must nurture and guard for nine months.

Extraordinary provisions must be made for the care of the delicate and minute egg, and for its nourishment and development through the various stages of its fetal life: The brain centers become cognizant of the inception of new life in some mysterious way, and instead of causing the uterus to shed its lining, they direct another and altogether different course of procedure. The lining is converted into soft, velvety folds, which fill the cavity of the uterus, making a safe and comfortable nest for the minute egg, containing the precious embryo. All the surplus blood, and all the nervous activity is consumed in this pro-

cess, hence there is no uncapping of the uterine capillaries.

Rapid and remarkable changes take place in the ovum as the small germinal female spots within the minute egg unite with the male sperm penetrating it, by which union the inscrutable forces of Nature are put into operation to bring forth a new life. New impulses are awakened, to which a woman's whole being responds, all her powers making astonishing readjustments, for her life is now a dual one, and she must meet the responsibility of nurturing two lives; she must now breathe for two. The new life within her must live as she does, with the exception of taking air into the lungs. Its processes of growth require nourishment, circulation, repair, waste and a kind of respiration. The performance of these requirements of nature need a mother's assistance, and they will be performed well or ill according to her own condition—the manner in which they are performed determining the future of her child.

During its earliest stages of development, the delicate impregnated ovum is surrounded by a yolk sac, which furnishes it both protection and nourishment,—that is, the ovum digests and absorbs the yolk which protects its frail and minute life. In like manner the yolk of the bird's egg envelops and sustains the delicate and minute life-germ within. The small white jellylike substance in the center of the yolk of each egg is the germ, capable of producing new life. The ovum as it passes from the uterus at, or following menstruation, is small and not unlike the germ in the egg.

In the case of the human embryo the yolk period of nutrition is brief and probably variable. In from five to eight days after conception a membrane known as the chorion is formed around the ovum. The internal surface of the chorion is supplied with villi or tufts which resemble mulberry seed; it is from these that the embryo receives its nutrition. The mucous membrane of the uterus, which rises in folds to form the nest for the embryo, is known as the

decidua vera; later it entirely envelops the ovum and is then known as the decidua reflexa. About the third month, the placenta begins to develop from tufts of the chorion and the decidua reflexa.

The placenta is Nature's provision for the nourishment of the fetus; that is, it serves the combined purpose of furnishing nutrition and respiration to the fetus through its circulation. It is seven inches in diameter, and one inch thick at the center, thinning at the edge. At full term it weighs from three-fourths to one and one-fourth pounds. The placenta, together with the decidua reflexa and the umbilical cord, are known as the "after-birth."

The placenta is a spongy body and is connected by the umbilical cord to the fetus. Although it lies in complete juxtaposition with the uterus,—an almost imperceptible membrane interposing,—its fibres and blood do not interlace with those of the uterus. Both nutrition and excretion are accomplished by transudation through this very attenuated membrane.

The uterus and placenta each have a distinct set of blood vessels and capillaries, and a separate circulation. The lungs in the fetus are dormant; the placenta serves the office of both lungs and digestive organs. From the placenta oxidized blood is brought to the fetus, through the umbilical vein, and after traveling the entire circuit, collecting the waste and impurities, it is taken back to the placenta by two umbilical arteries, which are given off from the iliac arteries of the mother.

At birth the umbilical veins form the round ligaments of the liver, and the umbilical arteries the round ligaments of the uterus in the female, and the urachus, a ligament of the bladder, in the male.

The umbilical cord is made up of two arteries and one vein, covered by the membrane continuous from the child. It is from two to four feet in length, attached at one extremity to the placenta, at the other to the navel of the child. This is the medium of circulation from the placenta to the fetus.

The membranes all unite before birth to form a thick, tenacious covering for the child. These enclose the fluid—the *liquor amnii*—which serves to protect the fetus from blows or sudden jars. The membranes, and the contained fluid, form what is known as the "bag or waters"; not rupturing before birth, they make what is called a *veil* or *caul* over the child's face, to which is attached various superstitions.

Radical and important changes in character, size and position take place in the uterus during pregnancy. For the first three months the gravid uterus, although a little lower than ordinary, remains in the pelvic cavity. As the fourth month approaches the enlarging uterus, being inconvenienced in the small pelvis, gradually forces itself upward into the more commodious false pelvis above, and lies entirely within this at four and a half months. At this time, life is felt, as a rule, indicating that half the period of gestation has passed. Life, however, begins from the moment of conception, although not perceptible during the earlier months of gesta-

tion, because of the position of the uterus within the pelvic basin.

The growth of the child being rapid during the second half of the period of gestation, the abdominal walls yield accordingly. Therefore, they particularly need strength and elasticity at this time in order that disfigurement and weakness of the walls may be prevented. This strength and elasticity can be gained by regular exercises for the abdominal walls.

Not only is the quantity of a mother's blood altered and increased during pregnancy, but the character is also changed. The heart, having much more work than ordinary work to do, increases in size about one-fifth. It still remains large if the mother nurses the child after birth, more blood being required for the work of preparing and storing milk; hence a stronger heart is needed to keep it moving properly, and the importance of deep, full breathing at this time cannot be over-estimated.

The spleen and liver also increase in size.

The palpitation of the heart, which is likely to occur at such a time, is due to the pressure of the enlarged uterus, which causes changes in the position of the lungs.

One may well imagine how greatly the delicate and complicated nervous system is involved in this process; the brain and spinal centers, which govern the generative organs, have not only become cognizant of the inception of a new life, but are sending to the uterus unusual forces that direct its activities.

The nerves of the pregnant woman become highly keyed, hence she is very impressionable. She should, therefore, have the greatest possible care and comfort both mental and physical. The fact that the sensory and motor nerves are often found perverted, undoubtedly gives rise to unsound maternal impressions, which may produce structural alterations in the fetus, and the mother needs soothing influences and special tenderness. If she is nervous, fretful, irritable and unreasonable, she should be given the utmost consideration, for if she is not constitutionally strong and

in perfect health, her digestion is likely to suffer, hence her body will not be properly nourished, which will affect her nerves and cause a depression of spirits.

Parturition, or the escape of the child, is effected by the contraction of the muscular fibres of the body of the uterus simultaneously with the relaxation of the muscular fibres of its mouth. The movements, or contractions, of the uterus proceed in a peristaltic manner from the Fallopian tubes to the cervix, occupying twenty or thirty seconds. If the uterus is lacking in strength or tone, it will contract too feebly to expel the child, in which event mechanical delivery may be necessary. On the other hand the tissues may be too rigid to contract readily, delaying delivery and prolonging suffering.

Too much stress cannot be laid upon regular exercise, correct breathing and diet for the mother during pregnancy. Above all things the mother should live hygienically during the pregnancy period. She will save herself much pain and much

expense and insure a normal tone after parturition if she puts herself under the direction of a health specialist who studies her case and gives her diet and exercise adapted to her condition.

In a perfectly healthy condition the contractions of the uterus occur periodically and rhythmically, the body gathering strength in the intervals for the next effort. These contractions force placental blood into the child or probably the child aspirates the blood from the placenta; the child may gain two ounces of blood in this manner.

Although the pressure of the uterine walls is great, it is not so great as to injure the child. If, however, the uterus is in an inflamed or swollen condition, this pressure is more than likely to cause the mother excruciating pain.

According to a wise provision of Nature, fatty degeneration of the membrane lying between the uterine walls and the placenta takes place just before parturition, causing the placenta to be easily shed from the uterus at labor. It is likely to adhere to the uterus, however, if that organ is in an

unhealthy condition; in such event it must be torn loose. If this becomes necessary, great care should be taken that the operating hand be surgically clean and no particles of the placenta be left adhering to the uterine walls, else blood poisoning may occur. Moreover there is always danger of hemorrhage if the contractions that close the open blood vessels are delayed. It is here also that exercise which keeps up a circulation of good blood through the uterine walls aids in the normal contraction of these blood vessels, and in a complete disintegration of the above membrane.

A failure of the uterus to shed the placenta properly paves the way not only to placental adhesions, but the uterine lining, from which the placenta has been torn, may form scar tissue, resulting in many serious disturbances.

Normal Confinement.—Painful parturition and laceration may be caused largely through fear and a consequent tensity of nerves; the mother does not relax to the realization that this is Nature's work—a

perfectly normal process. If the tissues are elastic they will give naturally to childbirth. If inelastic, and the nerves controlling them weakened, laceration will inevitably follow. Laceration, too, is often due to a rigidity of the fibres of the cervix, preventing sufficient relaxation for the passage of the child without injury.

The tissues of the abdominal walls are involved during pregnancy, becoming greatly stretched. If in a rigid condition they cannot stretch without injury. The abdominal walls are also likely to lose tone at this time, lying in thick folds after confinement. This condition is not only disfiguring, but the flabby abdominal walls do not furnish the abdominal viscera the support that is essential to perfect health.

Properly directed exercises after childbirth will not only repair the damage, but will restore the firmness and tone of the abdominal walls.

The fact that savage women and animals have painless confinements proves that severe pain at parturition is unnatural.

That a purely natural process should

be fraught with so much danger and pain seems peculiarly anomalous and utterly at variance with the usual order of other natural processes. In civilized races, however, labor pains are so universal that most women have come to believe them natural, whereas they are the result of nerve strain and its resultant evils due to the artificiality of modern civilization and irrational living.

Laceration.—Should laceration occur at childbirth, stitches should be taken and the tear repaired at the time. Much future suffering will thus be averted.

Laceration is not only one of the most frequent bad results of childbirth, but it furnishes one of the most prolific sources of cancer. It can be avoided, however, by proper care at confinement and by proper exercises to tone and strengthen the tissues and supply them with pure blood through perfect circulation. If the blood be pure and the circulation forceful, lacerations may heal of themselves before the torn tissue becomes seared, but

the safest way is to hold the torn edge together by stitches at once. If the muscles and ligaments are kept strong, free and flexible during pregnancy, the tissues will not tear.

Care During Pregnancy.—The writer has treated hundreds of women through pregnancy. By following deep breathing exercises to insure complete oxydation of the waste of the system, by establishing complete circulation throughout the entire body, and by regular practice of special exercises to strengthen all the abdominal and uterine muscles, parturition will be practically painless. Through such natural means the mother can also regain the symmetry of her own body, prevent erratic mental conditions and gain in both physical endurance and mental repose. A healthy balance being thus established between the mother and the fetus, the growth of the fetus is not at the sacrifice of the mother's strength. Exercises during pregnancy should, however,

be given under special direction, or injury may result.

Proper exercise gives healthy elasticity to the uterus, not only preventing much discomfort during pregnancy, but enabling it to expel the child at parturition naturally, averting prolonged and exhausting labor and greatly lessening the dangers of laceration. The normal condition thus insured will enable the membrane joining the placenta to the uterus to disintegrate naturally, thus expelling the placenta after the birth of the child; the uterus contracting normally, the blood vessels, ruptured by the separation of the placenta from the uterine walls are promptly closed and dangerous hemorrhages prevented. The healthy uterus will then return to its normal size, and the many serious and fatal diseases following parturition be averted. How many women, alas, date their ill health from childbirth. This need not and should not be.

Corsets should be discarded, as they impede circulation and digestion. The clothing, which should be suspended from the

shoulders, should be loose, giving the abdomen, waist and chest ample room; while it should be as light as the season will admit, it should be sufficiently warm.

I have been repeatedly asked to give general exercises and diet for pregnancy, but the treatment depends so much upon the condition of the individual that each case must be studied for intelligent direction. Treatment for one case would be unsuited to another.

The following general hints are safe for all:

Keep the bowels regular by exercising them, by laxative foods (not by cathartics), and by plenty of liquid. Coarse cereals, bran, figs, fruit, especially prunes, and fresh vegetables, are laxative.

Keep the kidneys active by fresh water, exercise and diuretic foods—among the diuretics are dandelions, buttermilk, horseradish, onions, spinach and asparagus.

If the system shows too much albumen, meats and other highly nitrogenous foods should be avoided, or the quantity lessened.

In general, the mother should have a good, nourishing diet, easily digested, no fried food, pastry, coffee, pork or veal.

The longing for indigestible food, such as pickles, chalk, etc., are simply indicative of a general hysterical condition and, where the foods are unwholesome, the artificial desire should not be gratified.

The stomach, especially at night, should not be overloaded.

In case of severe engorgements of the breasts, fluids should be restricted.

Immediately after labor, a milk diet for six to eight hours is best—then a regular diet.

Gruels, plenty of fruits, fresh or stewed, liquids and vegetables are desirable for the nursing mother.

She should not make the mistake, however, of assuming that nourishing foods mean an excess of fat and starch, for while she needs these in proportion to the amount of energy put forth, she needs tissue-building food in proportionate quantities.

The value of plenty of fresh air day and night cannot be overestimated, both before

and after confinement. Remember that the child needs fresh air as much as the mother.

During the latter months of pregnancy, the uterus, because of its position, causes compression of the stomach. The capacity of the stomach being thus lessened, food must be taken oftener and in smaller quantities.

Abundant sleep and periods of complete relaxation are most essential to the health of the pregnant woman. She should lie and rest for an hour regularly each day, and acquire the habit of sleep if possible; if she cannot sleep, she should learn how to completely relax.

An abundance of fresh air and sunshine should also be a part of the daily regime.

Vomiting.—The first principle in the relief from vomiting, at any time, is to give the stomach a rest for from ten to twelve hours. If, however, there is a desire to replenish the loss of food after vomiting, do so by a dry cracker, or toast, well masticated.

Nausea is often relieved by the sipping of very hot water, which has a tendency to relax the nerves and muscles of the stomach.

Very often a little nourishment before arising will prevent it. A little gruel, a cracker, an apple, a piece of toast, or any simple nourishment will do.

Self-control in the selection of foods, no over indulgence, fresh air and daily exercise are the best preventatives.

Avoid tight clothing and all pressure or weight upon the stomach or abdomen.

Walking is good exercise if you stand and walk well; but a few well directed exercises prescribed by someone who knows, practiced in the privacy of your room, with little or no clothing, are better.

Remember that the mind has something to do with daily morning sickness. Nervous apprehensions will cause it. Be happy —form the habit of happiness. This is one of the surest remedies.

The following is a list of dietetic substances commonly prescribed for the relief

of nausea and vomiting, or for nourishment while those conditions exist:

Cracked ice, milk with soda, one-third of a teaspoon to a glass, milk and lime water, milk and vichy, soda, seltzer, or carbonic-acid water, kumyss, meat juice, raw meat pulp, scraped, clam broth, sour lemonade or lemonade and vichy.

Dry crackers, dry toast, and ginger snaps will sometimes be retained in seasickness, or a cracker buttered and sprinkled with a little Cayenne pepper.

Husband's Responsibility. — Nature, in designing her great plan for the perpetuation of the race, intended that a woman should be joyous in the performance of her important part in the scheme of life; any departure from this indicates an unnatural condition. Not only should the husband plan pleasant diversions for the wife and mother, but she should not be left to brood in solitude. Every fret and jar should be removed from her life, as far as possible, and she should not be overburdened with domestic cares.

The tender love and care of the husband at this time foster natural and perfect growth of the child in the effect upon the nutriment as governed by the nerves of the mother. There is no direct connection between the nerves of the mother and the complete nerve organism of the child. This is a most fortunate provision of nature, for were the growing fetus directly controlled by the moods and thoughts of the mother, many a child would start life with most unfortunate physical habits.* It is through control of the circulation that a mother's thoughts directly affect the child.

It is through the husband's treatment of the wife and mother that he is enabled to impress his own life, character and development upon his child. Her condition appeals to the finest instincts of his manhood, and every resource within his power should be employed for the happiness of the two lives entrusted to his keeping.

Intercourse during pregnancy frequently causes miscarriage, and is often the origin

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* Publishers' Note: See The Nervous System: Habits by Susanna Cocroft.

of distressing pelvic troubles. Indulgence at this time is apt to implant within the unborn child lascivious tendencies that will prove detrimental to it throughout its entire life. Most savage people as well as beasts of the forest suspend sexual relation during pregnancy.

Birds and other animals furnish us a good example of the care and solicitude that the male shows the female in the propagation of species, guarding her from worry or physical discomfort during the development of their offspring, both before birth and while nourishing their young.

Notwithstanding the fact that the greatest possible obligation rests upon the husband, the mother's own conduct and mental poise determine, after all, the happy or wretched issue of her condition. She should form the habit of looking for good in friend and foe, and strive to be even-tempered and joyous. Above all things, she should strive for self control; should remember that God, having enlisted her as a co-worker, is her sure strength and comfort.

DISTASTE FOR MOTHERHOOD.

A repugnance for maternity indicates that there is something radically and seriously wrong, dwarfing the highest and noblest instincts of womanhood and robbing life of its most exquisite joys. This repugnance may be due to perverted ideas fostered in youth of the sweetness and dignity of motherhood.

She who deliberately tries to evade motherhood thereby forfeits much that makes the name of "wife" sacred and inspiring.

It is most unfortunate from one standpoint that a woman who recoils from the beauties of motherhood should become pregnant, for the mere giving of physical birth to a child does not constitute true motherhood; yet it is hoped that this condition may arouse the dormant, maternal, instinct, which in her abnormal condition she has either suppressed or refused to recog-

nize. Such awakening heralds true soul development, lifts a mother to a higher plane; broader vistas open before her, and life assumes a new and brighter outlook, as the true mother soul is born. Harmony with the Creator once established, this divine aid and the abounding love of the mother heart will so aid her in guiding the young life entrusted to her, that she cannot go far wrong.

With many modifications and variations all living things come within the range of this ingenious arrangement of Nature. Her highest, most complex and most marvelous manifestations, however, are in the human species. That this beautiful law of nature, in its highest and holiest sense, should be regarded with shame, or veiled with so-called modesty, is not only the utmost sophistry, but a degradation, resulting in perverted ideas, disease and suffering.

Children rivet the ties of matrimony. The bond is incomplete without this triune relation, representing the holy of holies in domestic life.

A married woman should at least be in condition for pregnancy, otherwise she is not a perfect woman, nor is she a perfect wife. If she is physically normal, the probabilities are that she will strongly desire to realize the joys of motherhood.

Unusual care and solicitude are shown on the part of mother Nature in her efforts to produce her highest type, and eliminate all such as would thwart her purpose. She will often cripple a mother with disease, in cases where hereditary taint or disease is likely to crop out in her children, thus rendering her sterile.

If a woman has no physical ailments which she fears to transmit to her progeny, and has sufficient intelligence to properly care for herself during the pregnancy period, a shrinking from the duties and privileges of motherhood is selfish, narrowing and womanish—she is not expanding, not ennobling, not taking her place in the world, realizing as did Mary, her power with God to create. She is not rising to her best, is not being the woman with whom every son should compare his sweetheart—

she must measure up to his mother or fall below his ideal.

Sterility.—Sterility among young women usually has its inception in painful menstruation, the primary cause being inflammation of the ovaries. Non-development of the ovaries at puberty is, in many cases, responsible for this condition. Atrophy many times follows, producing sterility and loss of sexual function. Painful menstruation in such cases is due to unusual congestion of the pelvic organs, which causes pressure upon the diseased and sensitive nerves. The pain is most excruciating, neuralgic in character, coming in paroxysms. It must not be inferred that painful menstruation indicates sterility, however, for this is far from true. The causes of painful menstruation are discussed elsewhere.

Another cause of sterility is due to the cervix being almost or completely closed between the menstrual periods. This closure is due, sometimes to over-strenuous nerves and the habit of holding brain and

body too tense and sometimes to displacement or flexion of the uterus.

A sterile wife, who longs for the beauty and soul growth of motherhood, should attend to the development of the ovaries through regular exercise to strengthen and bring nourishing blood to them, should build up her general vitality and her nervous system. She should also relax to enjoy coition because the relaxation and consequent opening of the cervix,—by which the sperm more readily enters the uterus,—depends to a degree upon the relaxed condition of the nerves during and following coition. Lying on the back in a relaxed condition after coition is helpful. By virtue of the fact that the virile ovum remains in the uterus for six to eight days after menstruation, this is the most favorable time for impregnation. Three or four days before menstruation is also favorable.

Many causes of sterility are amenable to rational treatment, and, if conception be a physical possibility, the sterile woman, yearning for the joys of motherhood may realize this natural and beautiful desire

by overcoming the cause of her sterility in a perfectly safe and scientific way. If the tissues are merely weak, they can be toned, and displaced organs can almost always be toned and put in place by exercise and by deep breathing,—thus purifying the blood and creating a good circulation.

Exercises should be prescribed for her by one who has made exercise, breathing, bathing, diet and rest, for this purpose a study.

LACTATION.

Since it was the mother's blood that supplied her nesting child with nutriment, her blood should also furnish it nutriment in the form of milk after its birth. Unless her blood is pure, however, it is not best for her to nurse her child.

Some children may thrive on manufactured baby foods, while such foods are most detrimental to others; to none are they a satisfactory substitute for the mother's milk. Nature did not design the milk of an inferior animal for the nourishment of a human infant. The milk of a cow, for instance, not only contains too much casein for the new-born baby, but it is too difficult of digestion.

Where it is absolutely necessary to nurture the child with cow's milk, care should be taken that the milk be pure, containing

no tubercular bacteria. It should always be sterilized.

The contents of the bowels of a newborn baby consist of a substance known as meconium, and, although this substance served a necessary purpose during its fetal life, it must be discharged after its birth. Nature, therefore, has wisely supplied the mother's first milk with the needed laxative, and, while this milk contains but little nourishment, it serves the purpose of freeing the infant's bowels of the meconium. Artificial remedies cannot meet the needs of the infant as fully and safely as nature's own provision.

The breasts often need care during the pregnancy period. Gently and soothingly massage them daily. As you do so, use any kind of a pleasant lubricant, a little olive oil into which you have mixed a few drops of perfume, cocoa butter, a face cream—anything which serves as a pleasant lubricant so that the hands may slip smoothly. After many massagings and dryings, bathe them in witch hazel, cold tea or alcohol.

This will prevent the nipples from cracking.

Avoid all pressure or irritation from clothing, particularly avoid bust forms which press upon or overheat the breasts.

If the breasts yield milk to the child, menstruation should not be expected, as a rule, for seven or eight months after confinement. If the mother does not nurse her child menstruation may be expected much sooner.

Profuse and regular menstruation after confinement is an evidence of inflammation and enlargement of the uterus, or some other diseased condition which needs attention.

ABORTION, OR MISCARRIAGE.

The usual acceptance of the term abortion is to produce the death and expulsion of the fetus by a deliberate act—which is feticide. In scientific parlance the death and expulsion of the fetus, up to the sixth month of pregnancy, is designated either as abortion or miscarriage, whether it be the result of a deliberate act, or the result of an accident. After the expiration of six months the expulsion of the fetus is referred to as premature birth.

A tendency to abortion or miscarriage may be due to various causes, a weakened or diseased condition of the organs of generation furnishing a prolific cause. Any disease of the uterus that lessens its vitality and prevents its enlargement will tend to result in the death of the fetus. Or, any diseased condition of the system that en-

feebles it may render a continuance of life in the embryo impossible.

Every woman, in the early months of pregnancy, should be careful not to overtax herself at the time when the menses naturally would appear. If at this time a feeling of heaviness and pains are experienced, it is well to go directly to bed until the heaviness has passed.

A lack of room in the pelvis and abdomen frequently causes miscarriages in first pregnancies. This results from tight and heavy clothing, insufficient exercise and defective breathing. The debilitating effect of impure, heated atmosphere is also a cause; hence the importance of getting out into the fresh air and sunshine—of well ventilated sleeping and living rooms.

Immoderate sexual indulgence is exceedingly harmful at this time, for it not only diverts from its needed purpose the mother's energies, but weakens the embryonic life. Incontinence at this time especially endangers a woman who has once miscarried.

The immediate cause of miscarriage may be lifting, straining, a fall, a jar, a blow, a violent cold, an acute attack of disease, fright, or any sudden mental emotion. The system soon forms any habit, and, once having miscarried, a recurrence in subsequent pregnancies, at the same periods, frequently results, unless proper precautions are taken to build up the vitality.

Miscarriage is much more liable to occur at the beginning, and during the third month of pregnancy. The greatest safeguard against such a misfortune is vigorous health.

The same attention and treatment are required during and after miscarriage, or abortion, as after normal confinement. The placenta must alway be detached, if it does not come away naturally. One miscarriage is more disastrous to the health of a woman than many natural births, because it is a perversion of natural laws. It often requires a longer time for the system to recover from the shock.

DERANGEMENTS OF THE GENERATIVE ORGANS.

Uterine and ovarian weaknesses often have their origin in a generally depleted condition of the entire nervous system, in poor circulation, and a consequent mal-nutrition. The cure for such cases is the building up of the strength and of the blood through proper assimilation of good, nourishing food.

Scientific physical exercises adapted to the needs of the individual, deep breathing, proper bathing and diet, sunshine, hot and cold water—in fact Nature's remedies—will supply the needed tone to the nerves, establish perfect circulation through the vital organs, create a normal digestion, and cause a free elimination of the waste from the system.

In cases where disease has its origin in the pelvic organs, these organs must be toned first. If they are displaced, the mere putting them in position will not keep them there unless they, and the ligaments supporting them, are strengthened. Proper exercise directed to the pelvic organs creates a strong circulation to their mucous linings, and to the ligaments supporting the organs, supplying them with pure blood; congestion, inflammation, general weakness, displacement, etc., are thus overcome, normal menstruation established, and the ligaments that hold the organs in place are sufficiently strengthened to support them. It takes time and patience to correct conditions of years' standing, but relief through building up the natural strength is lasting.

The network of sympathetic nerves about the pelvic organs is like so many telegraph wires over which messages are sent to the various organs of the body; hence, if the pelvic organs are diseased, the whole body suffers in sympathy. The connection between these organs and the nerve centers

of the spine is very close, and the sympathy very great. Any weakened or diseased condition of them, therefore, is communicated to the great nerve centers, thence to the brain, and results in extreme nervousness, headache, backache and general loss of strength. The sciatic nerve is often affected, which accounts for the pain in legs and feet in many cases of uterine weakness.

In fact the whole nervous organism is involved, the stomach being a most vulnerable point, because of its sensitiveness to all nervous disturbances, and because of the direct connection between the sympathetic nerve centers to the uterus and to the stomach; hence the digestion suffers and nutrition often becomes insufficient.

Indigestion and constipation are often the first apparent symptoms of uterine weakness. The futility of treating a patient for these diseases, when they are merely symptoms, resulting from their close connection and sympathy with the nerves of the pelvic organs is apparent. Causes must be removed before disease can be eradicated.

Amenorrhea.—Absent menstruation, or amenorrhea, varies, from a total suppression of the function to an occasional appearance of it; it may be due to one or to several causes. A general impairment of the generative organs may cause it; an excessive accumulation of fat; a dropsical condition; a breaking down of lining tissue; anemia; constipation; displacement of the pelvic organs; adhesions; flexions of the uterus; a closing of the os by reason of a growth, some impediment, or by flexion at the os; weakness of the nerves; or a hardening of the uterus after pregnancy. The most prolific cause of suppressed menstruation is probably the taking of cold at the time of the flow.

Menstruation may be suppressed temporarily by apprehension, anxiety, grief, a nervous shock, a disturbance of the digestive system, weakness following fever, or a change of climate.

All of these conditions cause obstructions, hence a retention of the waste in the system. If this waste accumulates for a long period the blood is poisoned by it. If

menstruation cannot be established, death will ensue, although the immediate cause of it may be due to some such disease as consumption, diabetes, Bright's disease, etc.

Impure blood, resulting from suppressed menstruation, reacts upon the brain, causing dullness and drowsiness. Nature's effort to rid the system of the accumulation of blood is often manifested in nose bleeding, headache, a dropsical condition, great lassitude, heaviness and aching of the limbs.

The only rational relief from suppressed menstruation is the building up of the nervous system, getting the circulation in perfect working order, the blood in a healthy condition, and in strengthening and putting the generative organs in place.

Proper exercises, deep breathing, good nourishing food, regular habits, plenty of fresh air and sunshine, abundant rest and relaxation,—especially at the time when menstruation should occur,—will give Nature the needed aid in the work of recuperation. A cure thus established will be

permanent, if ordinary care and precautions are observed, and, in the event of a cold being contracted at some unguarded moment, the body will have sufficient strength and power of resistance to throw it off. A treatment confined to local conditions, merely, can never accomplish such a result. There is no tonic so effective as exercise, fresh air and sunshine.

Painful Menstruation or Dismenorrhea, has so many phases, and differs so materially in individuals, that it is impossible to treat the subject in its entirety in this volume. Since it is a symptom indicative of disease affecting the organs of generation, it should be treated as a symptom. It may be due to any one of several causes: congestion of the uterus; inflammation of the ovaries or Fallopian tubes; sluggish circulation; weakness causing a distension of the walls of the blood vessels; a stagnant condition of the blood in the veins of the uterus; or structural changes in the walls of the uterus. An oversupply of blood in the vessels yielding the flow will cause un-

natural congestion and result in torturing pain, severe headaches, great restlessness, ofttimes accompanied by a rise in temperature and quickening pulse, the skin becoming hot and dry. Reflex symptoms are often apparent, such as pain down the legs and in the small of the back, nausea, constipation, exhaustion, sensitive bladder, and sore, tender breasts. In very severe cases, the pain will appear at intervals between menstrual periods.

Painful menstruation may also be due to some mechanical obstruction, such as a clot of mucus or blood in the cervix,—or a foreign growth may impede the flow.

Flexion of the uterus is a very common cause of painful menstruation. The uterus being bent upon itself, either forward or backward, will nearly close the canal and cause the patient to writhe in agony as the nerves contract in an effort to expel the accumulation of menstrual fluid. Uterine colic is frequently observed in such cases. The retention of the menstrual flow by such obstructions distends the uterus, the muscles contract, and this expulsive effort

causes pain. As the flow comes with a gush the pain is relieved until another accumulation causes a distention. Clots are sometimes expelled resembling pieces of liver. This is especially the case when the obstruction occurs in the cervix.

A thickening of the lining membrane of the uterus will prevent its dissolving naturally into almost invisible particles, and. if it does not dissolve, it will not pass away painlessly. In such diseased conditions it is expelled in patches or shreds, or as a whole, accompanied by intense pain. The natural disintegration of the lining membrane has been explained under "Menstruation."

The almost unbearable neuralgic pains, variable and shifting, occur in highly nervous temperaments, and indicate a diseased state of the nerves centering in the pelvic organs. They are most frequent in young girls at the age of puberty and young married women who have never borne children. These neuralgic pains being of a shifting nature attack various parts of the body, the head or the teeth, sometimes extending

down one or both legs, as well as through the breasts, the inter-costal muscles, etc.; even the heart is sometimes affected by them.

The mind suffers greatly from such nervous disturbances and irritability is very frequent in such cases, accompanied oftentimes by a desire to withdraw from all companionship and brood over fancied sorrows. The only rational method of treating such a condition is to strengthen the entire nervous system, and build up the vitality.

A dilation of the cervix, in an effort to relieve painful menstruation, is apt to seriously injure the tissues and nerves. Nature properly assisted by special exercises, water, and a toning of the nerves will usually, take care of this natural function without injury to the delicate parts.

Painful menstruation is so frequent among civilized women that it has come to be universally regarded as "the sick time," and anticipated by many with fear and dread. This should not be. Perfectly normal menstruation is so essential to a

woman's health and happiness that the importance of its regular and painless recurrence cannot be too forcibly impressed upon her mind. There is nothing that makes such sad ravages in her appearance as a disturbance of this function. The traces of painful, profuse, irregular or scanty menstruation may in the beginning disappear at the cessation of the flow, yet it is only a matter of time when the tense lines of the face, the unhealthy color of the skin, the dark circles about the eyes will proclaim, to even the casual student of physiology, the nature of her ailment. The woman so afflicted soon loses her buoyancy and her attractiveness; her mind becomes dulled, and her whole nervous organism suffers. Many women become morbid and even insane through such disturbances. They may escape the penalty until the change of life, but it must be paid then, too often, alas, in tumors, cancers, or insanity.

Chlorosis, or green sickness, most often attacks young women or girls nearing puberty. This disease is due to insufficient red

corpuscles in the blood. The skin becomes pale, dark circles appear around the eyes, the lips are pale, dropsical symptoms often appear, the hands and feet are icy, indicating that the circulation is poor, and often there is palpitation of the heart. Without the least exertion the sufferer will feel exhausted, the head becomes dizzy, and she will experience a ringing in the ears. An aching of the spine, and symptoms of hysteria and melancholia, great loss of appetite and cravings of a morbid nature, are symptoms frequently encountered. In such cases the menses are usually irregular or absent, the flow thin—leucorrhea may appear at the time of menstruation. However, profuse menstruation accompanies some cases of chlorosis.

If young girls, nearing the age of puberty, receive intelligent and proper instruction, tender care, and affection, much suffering will be saved them throughout their lives. In their ignorance they frequently check the menstrual flow, and arrest their development, by taking cold. It is of the utmost importance that the health be well

looked after at this age, that life be made as easy and pleasant as possible. The circulation should be free and strong, and blood properly nourished, the organs of elimination in perfect working order, else development of the generative organs will be retarded. Non-development of the ovaries may manifest itself in a flat chest, stooped shoulders, lustreless eyes, a dull mind and blunted affections.

Epilepsy, also, often has its inception in some disturbance of the menstrual function.

Congestion and Inflammation of the uterus are caused by a distention of the blood vessels of the walls, due directly to a lack of tone of the nerves, and result in tension, swelling, pain, heat and redness, and in profuse and prolonged menstruation. This distention causes a pressure upon the weakened nerves that traverse the tissues of the uterus, and produces great pain and distress, both in the uterus and in the organs connected with it. Pain is also felt in the back and in the head.

The fact that the uterine blood vessels are crooked conduces to great distention of them when congested. The stagnant condition of the blood which results, and the consequent enlargement of the organ, prevents the proper nourishment of the uterine tissues and the natural elimination of their waste. The only wise course is to take prompt measures for the building up of the nerves. These nerves are strengthened by hygienic living, by exercise, deep breathing, nourishing food and fresh air.

There are special high-sounding names given inflammation, varying according to its location, yet the condition, regardless of location, is of the same general character.

Each blood vessel is supplied with dilating and contracting nerves. A weak condition of the nerves, therefore, will prevent proper expansion and contraction of the arteries, circulation will be impeded by the vessels becoming filled with blood. Their walls thus crowded with blood become lax and gradually expand, allowing some of the elements of the blood to escape into adjoin-

ing tissues. This accumulation of blood causes an expansion of the tissues; chemical changes take place, resulting in impurities, which cause inflammation, and may result in ulceration.

Enlargement of the Uterus.—In pregnancy the uterus gradually enlarges and rises from the lower pelvis into the upper pelvis, which is larger, consequently the adjacent organs are not crowded, as when the organs are enlarged through disease or foreign growths. Enlargement of the uterus, through a diseased condition, places too great a strain upon the ligaments that support it. An undue strain weakens them and retards their movement; if the enlargement continues the ligaments give out under this strain, and the uterus is then not only enlarged but it becomes displaced.

The enlarged uterus may be indurated or soft, extremely sensitive to the touch, or its sensory nerves may have become so impaired that it is devoid of sensation. There are many causes for the enlargement of the uterus, as, adhesion of a part of the pla-

centa after childbirth, a weakness due to a lack of exercise of the pelvis, or a consequent refusal of the uterus to resume its normal size after confinement, etc.

Leucorrhea. — The immediate cause of leucorrhea is inflammation, originating in weakness, which in turn greatly weakens the ligaments that support the uterus. It is sometimes called "the whites," because of its color, although, owing to its fetid character, it changes in color from white to greenish yellow. It varies from the consistency of cream to that of a curd. Being one of the commonest diseases, or symptoms of disease, it is regarded by most women as "nothing serious," and by some as "natural," which facts greatly increase the grave danger of it.

Young girls are often afflicted with leucorrhea without their mothers' knowledge. The insidiousness of the disease is increased by the fact that it seemingly gives but little trouble for so long a time; yet the vitality of the victim is being surely and steadily sapped by it. Owing to the sensi-

tiveness of the nerves of the generative organs, diseased products are more easily absorbed into the system than is the case in any other part of the body; by virtue of the absorption of such poisonous products of disease, abnormal growths frequently result.

Leucorrhea is analogous to catarrh of the lining membrane of the head, nose and throat. In severe and advanced cases of the disease, the discharge is of so acrid and excoriating a character that the skin will be rendered sore, and the vulva become highly inflamed by it. It will eventually cause looseness and flabbiness of the vagina.

Some of the richest constituents of the blood are contained in this discharge; hence it deprives the system of important nutritive elements, and is a continual drain upon the vital forces. The system so deprived of these nutritive elements, which were designed to meet the general needs of the body, is too enfeebled to meet the deficiency. This is owing principally to the fact that instead of being supplied with reserve strength, enabling it to resist dis-

ease and run the human machinery, it has been weakened by the unnatural waste of nutritious elements.

The sticky character of the discharge, together with the inflamed condition of the cervix, sometimes completely closes the mouth of the uterus. This causes an accumulation of mucus within the uterus, and in order to expel this, labor-like contractions occur.

Various local causes may lead to leucorrhea. Some of the most frequent immediate causes are tight lacing, strenuous exercise during menstruation, heavy underskirts hung from the waist, damp clothing, wet or cold feet, uncleanliness, prolonged nursing, abortions, miscarriages. The only cure for leucorrhea is in overcoming the cause of the inflammation and weakness. This is effected by good blood and by exercise to strengthen the affected parts, as well as the entire body, by deep breathing, fresh air and nourishing food.

Displacement of the Uterus.—Since the uterus is suspended within the pelvis

by ligaments, which allow it freedom of motion, it can only be regarded as displaced when it permanently remains out of position. A distention of the bladder will cause a temporary backward displacement and a heavily loaded rectum, a forward displacement; but the uterus resumes its correct position when the bladder and rectum are relieved. With every step and

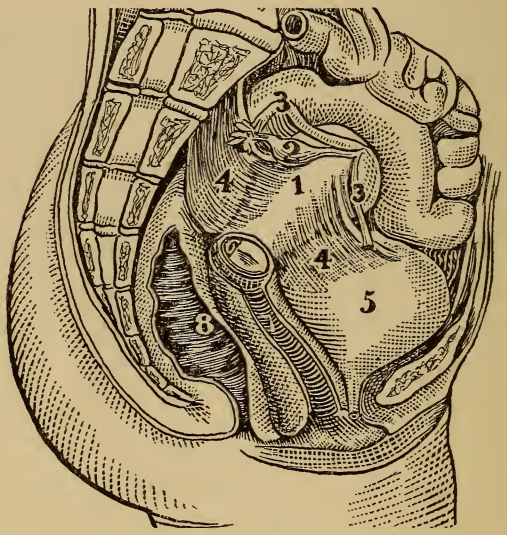

FIG. IV.

CORRECT POSITION OF PELVIC ORGANS.

1. Uterus; 2, Ovary; 3, Fallopian Tubes; 4, Peritoneum which forms the ligaments supporting the uterus; 5, Bladder; 6, Os, or opening into the uterus; 7, Vagina; 8, Rectum.

It will be noted that the uterus, in correct poise, slants forward at an angle of above forty-five degrees.

with every breath, particularly with the deep abdominal breathing, the uterus moves.

A prolonged displacement impedes its natural motion, preventing the blood from passing freely to and from it; as a result, it becomes enlarged, heavy, weakened, and an easy prey to disease. A displacement twists the broad ligaments supporting it, and since it is through these broad ligaments that the blood vessels pass to and from the uterus, they, also, are distorted; as the quantity of blood held within its walls increases, the uterus becomes heavier, the ligaments weaker and less able to aid it in resuming its normal position.

The primary cause of such displacement is usually a general weakness of the entire body.

The weakness may be due to overwork, overstrain, menstrual difficulties, too frequent childbearing, constipation, indigestion, poor circulation, impoverished blood, etc.

A heavy, bearing-down pain in the pelvis, backache, difficulty in walking, pain-

ful menstruation, and excessive nervousness, are symptoms of a displaced or prolapsed uterus.

Measurements of eighteen thousand women show that the standing position of seventy-five per cent of them tips the uterus backward; in walking with the body in this common poise, the heel strikes the ground and the body is jarred so that the ligaments become stretched and weakened and the result is prolapsus or retroversion,—very common derangements.

Walking is not good exercise unless the body is properly poised. If women merely form habits of correct standing, walking and breathing, a new and vibrant life force will be experienced.

Deep breathing gives the uterus the rhythmic motion which aids in conveying the blood to and from it. Such motion is also necessary to the maintenance of a perfect circulation, and perfect equilibrium,—yet how few women breathe correctly!

The uterus will go back to place by the patient assuming the right position to so place it, and its supporting ligaments can

be strengthened by special physical exercises used while in this position. The right exercises directly reach and strengthen these organs just as the muscles of the arms and legs are strengthened by exercises.

It is just as reasonable to splice the arm, take out a section of the muscles and sew it together, because the arm muscles have become weak and flabby through lack of exercise, as it is to cut out a piece of the ligaments supporting the uterus and sew them together because they have become flabby. Happily this operation is not as common as it formerly was. Women and physicians are realizing that there is a better way. Exercise intelligently prescribed for the ligaments brings tone and strength, and they contract and shorten naturally by reason of this strength, just as flabby muscles in any part of the body become strong by exercise and general vitality. The above is the only rational method of correcting displacement.

Anteversion is a turning forward of the whole uterus, the bend coming near the os.

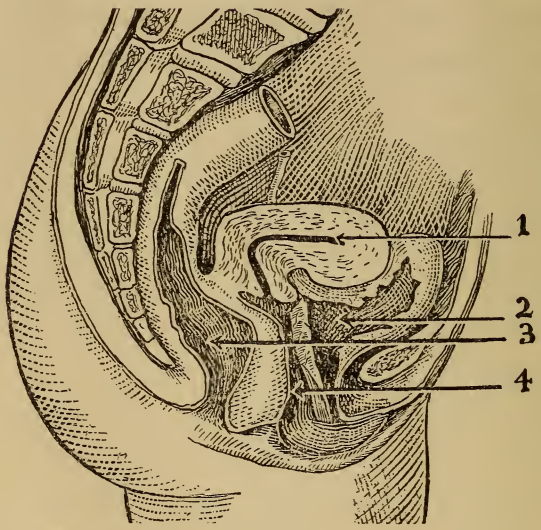

FIG. V

ANTEVERSION AND ANTEFLEXION.

1, Uterus; 2, Bladder; 3, Rectum; 4, Vagina.
The uterus, bent upon itself, as well as tipped forward, interferes with menstruation and compresses the bladder.

Anteflexion is a bending forward of the top of the uterus only, and results from the muscles of the uterus becoming so softened and relaxed that the organ bends upon itself. When both anteversion and anteflexion are present, the condition is more

serious and complicated, and will require a longer time to cure, since such a displacement indicates both an enlargement of the organ and a softening of its muscular walls (See Fig. V.).

When the uterus is displaced, it cannot always empty itself properly at the menstrual period, and a part of the flow in the form of clots may be retained from one period to the next. This may be especially true in anteflexion of the uterus.

If the uterus becomes anteverted, the bladder and the nerves controlling it become greatly irritated, hence the desire for frequent urination in such cases; yet voiding the urine does not relieve the discomfort. If this unnatural strain upon the bladder is not removed, inflammation, or cystitis, results. Through the constant irritation that this puts upon the nerves, the sphincter muscles controlling the neck of the bladder lose their function eventually and a constant dribbling of urine will render the life of such sufferer a burden.

The urethra may become involved in prolonged inflammation of the bladder; if pro-

longed for too long a period such inflammation may extend to the kidneys.

Retroflexion is a bending backward of the uterus upon itself in the same manner as the anteflexed uterus bends forward. The muscular walls of the uterus, in retroflexion, become abnormally thin in the front, while the rear walls become abnormally thick, resulting in a varicose condition of the veins within the ligaments, eventually leading to prolapsus of the ovaries, Fallopian tubes, and the uterus.

Since flexions are so liable to occur after confinement, owing to the soft and enlarged condition of the uterus, women cannot be too careful at this time, and should not leave their beds too soon.

The inflammation caused by flexions is a very prolific cause of adhesions of the bowels, and if the uterus remains displaced for long it is very liable to adhere either to the rectum or to the back bone.

Both retroflexion and anteflexion are due to weakened ligaments, to a heavy uterus, and a softening of its tissues.

The cavity of the uterus may close by retroflexion, just as described in anteflexion, impeding the menstrual flow.

Retroversion means a backward displacement of the entire organ. As the enlarged uterus falls back against the rectum, that organ is weakened, and the space through which the fecal matter must pass is lessened, so that constipation often results.

The unnatural tension put upon the uterine ligaments causes backache; a hardening and drying of the feces, packed in the upper part of the rectum, results, and while so retained some of the poisonous elements are absorbed into the circulation; the whole system suffers, the uterus often becoming infected by the poison.

Various diseases of the rectum often attend such displacement of the uterus, not only because of the pressure upon the rectum, but also because of the interference with the circulation through the mesenteric veins, which causes piles.

Such displacement drags all of the connecting organs more or less out of position. The stretching backward of the cord

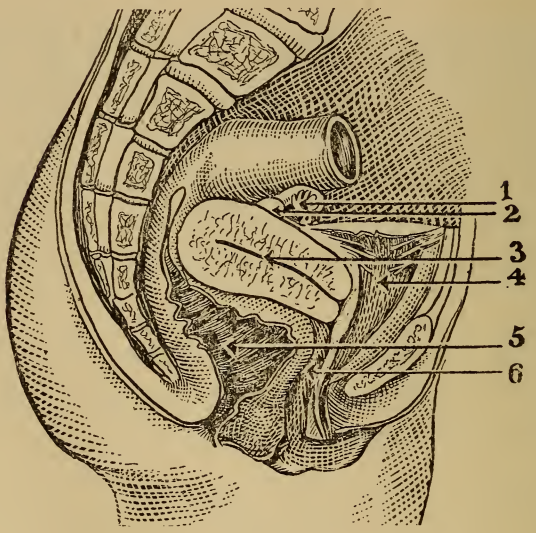

FIG. VI

RETROVERSION

1. End of Fallopian Tube; 2 Ovary; 3, Uterus: 4, Bladder; 5, Rectum; 6, Vagina.

It will be noted that in retroversion the uterus, instead of tipping forward forty-five degrees, tips backward, compressing the bladder, the vagina and the rectum and flexing the opening into the vagina, which interferes which menstrual flow.

which attaches the bladder to the navel causes pain in the umbilical region, and serious complications often arise. The pressure of the uterus causes a disturbance in the network of nerves of the back,

producing distressing mental and nervous symptoms and backache.

Some of the symptoms attending such a displacement are a dragging sensation in the pelvis and the back, pains down the front of the thighs, derangement of the nerves of the stomach, severe pain in the back of head, melancholia, etc. The circulation is impeded by the twisting of the broad ligaments, and there is always liability of this resulting in varicose veins.

Prolapsus, or Falling of the Womb is due to an enlargement of the organ, as a result of congestion and inflammation, the muscles by which it is swung being so severely taxed that they lose their elasticity, and can no longer hold the enlarged and heavy organ in place. The prolapsus may be complete or partial. (See Fig. VII.).

Such a displacement ultimately drags down the vaginal walls, as they are continuous with the neck of the uterus. As the anterior wall of the vagina forms the posterior wall of the bladder, it also becomes prolapsed, resulting in serious complications.

Partial paralysis may result from a complete prolapsus, owing to the pressure upon the sciatic nerves running down the legs. This pressure upon the nerves causes them to ache, and this ache is often confused with rheumatism.

In order to overcome this difficulty the inflammation must first be reduced before

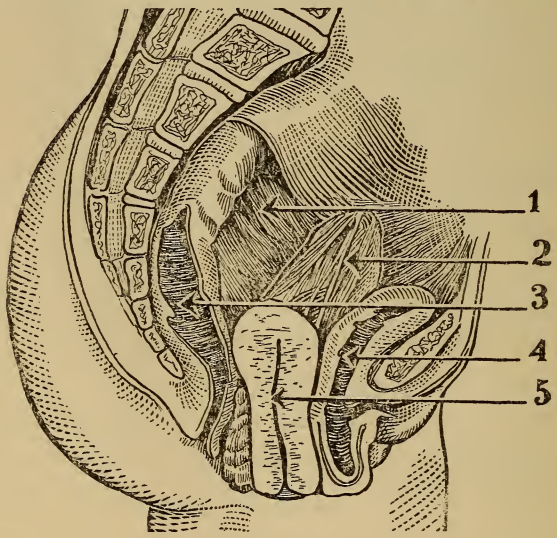

FIG. VII.

PROLAPSUS, OR FALLING OF THE WOMB.

1, Peritoneum; 2, The Ligaments of the Peritoneum, which have become so weakened and stretched that they give no support to the uterus; 3, Rectum; 4, Bladder; 5, The prolapsed uterus, which has dropped down into the vagina.

The pull and pressure upon the delicate and sensitive nerves about the uterus may be well imagined in the displaced position of this organ illustrated in cuts V, VI and VII. These cuts show the extreme position of the organs; many women suffer from displacement in varying degrees.

the uterus will return to its normal size, weight and position. If the vitality be built up systematically, the uterus will assume normal tone, and the ligaments holding the organ in place will be strengthened. Exercises and cold salt water douches are particularly helpful in most cases of prolapsus. They give tone and reestablish the normal circulation through the organ.

Many advise pregnancy as a means of cure for displacements, but a displaced uterus means a weakened and often a diseased one, which condition will affect the child, the mother is most liable to miscarry and thus bring upon herself still greater sufferings. The general weakness, or the impoverished blood which may have caused the displacement, should be corrected before a woman risks pregnancy, both for her own sake and for the sake of the child.

OPERATIONS.

One cannot speak too strongly against the tendency of the past few years to operate upon a woman upon slight provocation. Every woman should hold her body as God-given and inviolable and should allow an operation only after every other means have failed. Osteopathy, physical culture, the rest cure and such means are more natural and more lasting than the knife.

Vigorous, promiscuous exercise must not be indulged in; but the right kind of exercise, directed by one who has made the condition a study, is invaluable.

Many of the local treatments and operations resorted to for female complaints are barbarous to a degree, and tend to aggravate such troubles.

Pessaries and Shortening of Ligaments.—The use of pessaries, or artificial sup-

ports, do not overcome the *cause* of displacements or prolapsus of the uterus, hence their use, alone, cannot effect a cure. The real cure is in building up the strength and vitality through the natural means of exercise, nourishing food, deep breathing of fresh air and rest. The work of restoration of a good circulation and tone to the muscles should be begun at once.

Neither can a shortening, by the knife, of the ligaments, correct the *cause* of their laxity. If the blood remains impoverished, and all connecting tissues remain weak, with the heavy uterus, which almost always prevails, it is only a matter of time when the ligaments will stretch still more. These relaxed muscles need tone, not abuse. Harsh methods do not supply the nerves with the needed tonicity, and it often takes one longer to recover from the shock of the operation than from the original trouble. Properly treated and strengthened, the nerves and muscles will, of themselves, lift the uterus into its normal position.

Pessaries are often a help, however, in holding the uterus in place and thus pre-

venting the undue strain upon the ligaments while they are being toned and strengthened.

Fixation.—One of the most irrational and cruel methods employed in surgery is ventral fixation, a fastening of the fundus of the uterus to the abdominal walls. The uterus should be movable and this fixation is as unnatural as the displacement. Intense nervousness, burning pains and a pulling sensation may follow such an operation. Nature never intended this organ to be sewed to another. This unnatural effort to overcome a form of displacement, amenable to rational treatment, produces another kind of displacement, with no chance of relief. Dragging the uterus forward and upward several inches in such an operation puts a strain upon the bladder, as well as upon the nerves, muscles and tissues and may cause displacement of the contents of the whole pelvic viscera. Happily the most progressive physicians no longer recommend this operation.

Curettment.—In curettment, a speculum is inserted into the vagina and it is gradually distended. Then the uterus, by the aid of sharp hooks, is dragged downward and outward to the vaginal orifice. The mouth of the uterus is then dilated, the curette inserted into its cavity, and, as it is drawn outward, the inner wall of its lining membrane is scraped away by the pressure of the sharp edges of the instrument against it. Ostensibly the purpose of this operation is to clear away the diseased lining membrane in order that a new lining membrane may form. With proper assistance, in toning the nerves and establishing good circulation, this lining membrane is discharged naturally at menstruation and a new and healthy one formed.

The ligaments of the uterus, as well as the posterior walls of the bladder, and the anterior walls of the rectum, are stretched by this harsh usage and often subsequent skillful medical treatment and care will not enable them to regain their normal elasticity and strength.

There is no organ of the body so sensitive as the uterus, and it not only resents, but resists, such mechanical interference. Even with the most careful manipulation and dilation it can only be opened sufficiently to introduce the curette. No matter how skillfully it may be done, treatment that requires such harsh and forceful measures bruises the tissues. An incompetent or careless operator may thrust the curette through the uterine walls, especially if these walls are soft, and dangerous hemorrhages ensue.

After such an operation the uterine ends of the Fallopian tubes are left raw and bleeding, and their small openings are sometimes entirely closed by the subsequent inflammation, resulting in serious complications. The lining membrane, afterward formed, is not always a normal one, but is thick, scarred and hard and is more difficult to be cast off at menstruation. Repeated curettements will convert the naturally thin and tissue-like lining membrane into a tough and thickened covering.

Such harsh and unnatural methods will not cure a disease of the uterus, but, on the contrary, implicate the ovaries and Fallopian tubes, and pave the way to menstrual complications. Such methods do not give the needed tone to the weakened nerves, but irritate and enfeeble them, neither do such harsh methods promote good circulation or nourish the blood.

One of the most eminent surgeons of the United States says that curettement is only necessary, or beneficial, in cases of abortion, or where the afterbirth is retained; otherwise the operation is harmful. Strangely enough, physicians seldom allow this operation upon their own wives or daughters. The average physician advises this because medicine and every other means with which he is personally familiar has failed and the patient insists upon relief in some form. This relief comes best through natural means.

Removal of the Ovaries.—No outrage upon womankind so deserves the condemnation of every thinking man and woman

as the freedom with which physicians have removed the ovaries of women during the past few years. The fact that one physician cannot cure a diseased ovary does not preclude another's doing so, nor does it mean that such organ cannot be put in normal condition by exercise, rest, diet and breathing; neither does it invest such physician with the right to cut out an organ which he personally cannot cure and throw it away. Such an operation should be deferred until every known remedy has been exhausted, and only resorted to in an extremity, as a means of saving life or reason. Many times death would be preferable to the mental anguish and nervous horror which follow such an operation. It should be borne in mind, also, that surgeons, even reputable ones, are entirely too ready to declare such an operation necessary. Many physicians have a very limited knowledge of cures outside of medicine or the knife. Their knowledge is broadening, however, from year to year.

So great is the indignation that rankles in the hearts of men and women, who are

informed upon this subject,—as the full significance of the injustice done their suffering womankind is borne upon them,—that they would fain shout from the very housetops protests and warnings of the multiplicity of dangers and sorrows thus invited. The custom of mutilating the bodies of women is an increasing danger menacing the welfare of the race; the more insidious and deadly because of the fact that the growing skill in surgery has reached so high a point of excellence that danger of death from ovariotomy has been reduced to a minimum and the surgeon rarely follows up his case long enough to know the effect upon his patient's nerves.

The inference is not to be drawn from this that all surgeons so recklessly use the knife. Yet such recklessness is altogether too prevalent for the safety and happiness of woman.

The ovaries cannot be removed without seriously impairing and weakening the brain centers that control them. A woman deprived of these organs loses the vital force they represent, and often loses her

womanly ways, becoming coarse and mannish. There is always hope of curing disease, but none, whatever, of restoring organs once removed. Not only do the brain centers controlling these organs suffer by their disease or removal, but all the other brain centers suffer in sympathy. Therefore, such a severance of the intricate system of connecting nerves endangers both mind, body, and the spirit.

No part of the generative tract can be cut without the severance of many nerves; a constant irritation of these severed nerve ends results, this nags the brain centers and depletes the vitality.

The large supply of blood to these organs requires a large number of blood vessels. A severance of these also takes place in ovariotomy, the larger ones must be tied, the smaller ones are covered by the scar tissue that forms.

Disintegration of the nerves may follow ovariotomy, for the reason that they are deprived of the work that nature intended them to do, so naturally they perish, —partly through inactivity, and partly

owing to the violence of cutting them,—gradually wasting away at the severed ends towards the spinal cord, and so on through the brain. This will explain why a woman thus deprived of normal physical and mental activity becomes morbid and loses interest in life; will explain, in a great measure, the frightful nervous condition, the headaches at the base of the brain, following ovariotomy.

The statistics of one of the largest hospitals in Paris—taken a few years ago—show that an overwhelming per cent. of young women, unsexed by the removal of the ovaries, were more or less maimed for life, either by increased nervousness, insomnia, insane fits of temper, melancholia, headaches, stomach difficulties, or loss of feminine characteristics,—resulting in a coarsening of the whole nature.

Swollen, sensitive and displaced ovaries can be relieved by safe and natural methods, if the disease has not become malignant.

There are numerous causes for ovaritis; a sudden suppression of the menses is a

very prolific one; inflammation of the surrounding parts will extend to them; displacements of the pelvic organs, barbarous local treatments, pessaries, excessive indulgences, and anything that weakens or interferes with the circulation.

Because of its position, the left ovary is more vulnerable than the right, and is oftener affected. The upper part of the rectum being on that side, the pressure caused by the passage of fecal matter, especially if constipation exists, tends to irritate that ovary. There is a greater tendency to congestion and inflammation of the left ovary also for the reason that unlike the right ovary the valve that aids in controlling the circulation of the latter is lacking in it.

Such a mutilation of a woman's body is a crime against womankind and against God, —a crime which it is impossible to atone, a breakage that no human skill can repair.

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"Style is in the carriage, not in the gown."
"No woman is to blame for not being beautiful at sixteen, but she has only herself to blame if she in not beautiful at forty."—FRA LIPPO.
"Few women know how to stand, to sit or to walk without undue expenditure of nerve force."

IDEALS AND PRIVILEGES OF WOMAN

"The normal woman is happy if well."
"Her first duty is to herself. To be a good mother she must first be a perfect woman."
"She has not only her rights as a true woman, but the devoted homage and service of man."

THE CIRCULATORY SYSTEM—Heart, Lungs, Arteries, Veins, Lymphatics and Blood

Miss Cocroft has spent years in the practical study of anatomy and physiology. This lecture follows the blood from the heart on its complete circuit of the body back to the heart—showing the dangers and results of sluggish and of impure blood flow, with resultant physical ailments and their relief. No student of physiology should be without it.

BODY MANIKIN AND POSITION OF VITAL ORGANS

The body manikin with but few additions is sold to physicians for $5.00. This manikin is printed in seven colors and includes fourteen different plates, showing the muscles, blood vessels, nervous system, the organs of respiration, digestion and all other vital organs, each in its exact relation to the other. It enables a woman to look within her *physical self* and to understand the many facts about herself which Miss Cocroft explains in her lessons—facts which every woman, wife and mother should know—facts which it is a sin for her not to know.

CHARACTER—As Expressed in the Body—(Illustrated)

"How can I hear what you say when what you are is forever thundering in my ears."—EMERSON.
True grace is visible expression of graciousness.
Grace, womanly dignity, self control, ease of manner, laziness, indifference, lack of energy and ambition, moral weakness, or moral courage, each has its expression. Not only how to thus read character, but how women can best express it in herself is the theme of this address.
"The secret of the highest power is in uniting the outer agencies of expression with the power that works from within."

THE NERVOUS SYSTEM—Effect of Habit upon Life

This lecture includes a clear description of the nervous system, its functions and its influence upon various parts of the body. Many of woman's physical ills are traceable to shattered nerves, and many such ills yield with astonishing readiness to the influence of a rightly directed mind. Habit is a marvelous gift of nature. Rightly used, it lengthens life and is a great conserver of energy. Wrongly developed habit is a check to growth.

SELF-SUFFICIENCY—Mental Poise

"The great man is he who, in the midst of a crowd, can keep with perfect sweetness the serenity of solitude."—EMERSON.
"Man has two creators: The Infinite, who created the atoms and the laws by which the atoms take form; and himself, the moulder of the form, and the moulder of thought and character."
"It is not a soul, it is not a body we are developing, but an individual."—MONTAGUE.
Belief in self is the first element in success.

FOODS—Nutritive Value and Digestibility

The problem of proper nutrition for the body is as vital as any study effecting the morals, health and the consequent power of a nation, since upon the kind, quality and quantity of food depend the sustenance, health and strength of its citizens.

MOTHERHOOD

The life, the vitality, the mental capacity, the moral character of the child depend directly upon the strength, the character, the mental attitude of the mother. Motherhood is woman's most sacred privilege and the true mother finds greatest joy in fitting herself to fulfill that privilege in the most beautiful way. How woman may best equip herself for motherhood and how the mother may preserve herself and prolong her usefulness to her children, is clearly set forth in this lecture.

THE VITAL ORGANS—Liver, Stomach, Intestines, Kidneys—their Use and Abuse

The whole treatise is so lucid and so simply told that all can perfectly understand it, and the body manikin shows the organs referred to and renders the explanations absolutely clear. This lecture is full of practical, everyday health hints.

AIDS TO BEAUTY—Skin, Hair, Eyes, Teeth, Hands, Feet and Ears

Life is made up of little things—and so is beauty. No woman can be truly beautiful or wholesome who neglects the details of her toilet. Indeed, these little things are a constant index of character. This lecture gives many health and beauty hints which some women have paid hundreds of dollars to learn.

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